

For Venerable Thich Nhat Hanh. — C. M. S.

For Parker, with love. — K. P.



### Books by Cornelia Maude Spelman

*After Charlotte's Mom Died ~ Mama and Daddy Bear's Divorce*  
*Your Body Belongs to You*

#### The Way I Feel Books:

*When I Care about Others ~ When I Feel Angry ~ When I Feel Good about Myself*  
*When I Feel Jealous ~ When I Feel Sad ~ When I Feel Scared*  
*When I Miss You*

Please visit Cornelia at her web site: [www.corneliaspelman.com](http://www.corneliaspelman.com) .

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## Note to Parents and Teachers

Caring about others is essential for a healthy society. It reflects our belief that every person is valuable. It also brings us feelings of satisfaction and happiness.

To care about others, children must first experience being cared for. Having their own needs recognized and met provides children with the basis for recognizing and meeting the needs of others.

As they become aware that others feel what they themselves would feel, children learn to respond to people who are hurt or in need of kind attention. We can help children to imagine how they would feel in a particular situation, and to imagine how someone else might feel. Then we can point out that because they don't like to be teased, they must not tease; because they don't like to be pushed, they should not push. (We cannot remain uninvolved when children tease, bully, or are unkind or violent toward others, but need to promptly intervene and make it clear that such behavior is not permitted.)

Similarly, children can understand that because they feel good when others are friendly, they need to be friendly. They can learn that their pleasure in being included means they need to include others.

Teaching compassion is an ongoing, daily lesson as we model compassionate behavior for our children. Seeing their parents and caregivers demonstrate caring for others beyond the family—neighbors, friends, and the wider society—teaches children the value of caring about all people.

Cornelia Maude Spelman, a.c.s.w., l.c.s.w.



When I'm hurt, somebody cares.





Somebody cares  
when I'm sick.