SMALL MOMENTS. LASTING CONNECTION.

Connection starts with listening.

Empathy means trying to understand another person's feelings and responding with care.

Notice. Ask. Listen.

Try: “You seem quiet. Would you like to talk, or would you like a little space?”

Let children set the pace.

Offer choices. A wave, a smile, or sitting nearby can be meaningful. Affection should never feel like a test.

Kindness and boundaries belong together.

A practical guide for parents and caregivers • 2026 edition

SUPPORT FOR YOUR FAMILY

A thoughtful next step.

SoCal Family Access Services provides professional supervised visitation and supervised exchanges in Los Angeles County.

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Our approach centers on child safety, neutrality, respectful communication, and objective documentation.

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General family education. Not therapy or legal advice. Services are subject to intake, applicable orders, and agency policies.

SOCAL
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A GUIDE FOR PARENTS & CAREGIVERS

Growing empathy.

Small moments. Stronger connections.

Helping children feel heard, respect boundaries, and practice everyday kindness.

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01 / UNDERSTAND

Start with their feelings.

Children do not have to find the perfect words. Give them time, curiosity, and a calm place to begin.

Name it gently.

“You look disappointed. Is that how you feel?” Let your child correct you.

Make room for differences.

Children express feelings in different ways. Silence, movement, or avoiding eye contact does not tell the whole story.

Accept feelings. Guide behavior.

“It’s okay to be angry. It’s not okay to hit. Let’s take a pause.”

TRY THIS TODAY

“What would help you feel heard right now?”

02 / PRACTICE

Make kindness an everyday habit.

Show what repair looks like.

“I interrupted you. I’m sorry. I want to hear the rest.” Model the behavior you want to teach.

Get curious together.

During a story, game, or movie, ask: “What might they be feeling? What could help?”

Bring empathy online.

Before sending a message, pause: Is it kind? Is it private? Ask before sharing someone’s photo. Tell a trusted adult about hurtful messages.

Notice thoughtful actions.

“You gave them space when they asked. That was considerate.” Be specific about the choice.

Practice in small moments.
Leave room for mistakes.

03 / CONNECT

Keep visits child-centered.

Before the visit

Explain the plan simply. Ask about a familiar activity. Keep adult disagreements and case details out of the conversation.

During the visit

Follow your child’s interests. Offer simple choices. Avoid pressure for hugs, photos, reassurance, or taking sides.

When feelings run high

Slow down. Keep your voice calm. Follow the monitor’s direction and bring safety concerns to the monitor promptly.

After the visit

Ask: “What would you like me to know?” Listen without questioning your child about the other parent.

Children can care about others
and still have boundaries.