



TOP TIPS FOR DEVELOPING EMPATHY

Here are a few tips from Dr. Michele Borba on how to teach empathy by incorporating doll play as a useful tool.

BROADEN HORIZONS

Offer your children a variety of dolls with different skin colors, genders, or disabilities. Help your children look for what they have in common with others, not how they differ.



LET KIDS CARE FOR ANOTHER

Look for opportunities that are age appropriate where your child can comfort and help like feeding the family pet or delivering cookies to a neighbor. Young children can also act out caring with dolls.

PLAY OUT ACTS OF KINDNESS & EMPATHY

When playing with dolls, ask questions to discover what's going on in your child's mind. "What makes her happy?" "What should he do if his friend is sad?" Encourage your child to practice kind, caring, and helping acts as they play.



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Barbie™

THE BENEFITS OF DOLL PLAY ACCORDING TO NEUROSCIENCE

HOW DOLL PLAY STIMULATES THE BRAIN

Barbie® and neuroscientists from Cardiff University have collaborated on a new study which for the first time uses neuroimaging as evidence to explore the effects of doll play.* At Barbie, we've always known there are many benefits of playing with dolls and now there is scientific evidence that supports it.

FOR MORE TIPS TO DEVELOP EMPATHY, GO TO [BARBIE.COM/BENEFITSOFDOLLPLAY](https://www.barbie.com/benefitsofdollplay)

**Study was commissioned by Barbie (2020). Study was conducted with 42 children (20 boys and 22 girls) ages 4-8 years old with full data captured from 33 children.*

LEARN MORE AT [BARBIE.COM/BENEFITSOFDOLLPLAY](https://www.barbie.com/benefitsofdollplay)



HOW DOLL PLAY STIMULATES THE BRAIN

The study monitored the brain activity of children ages 4-8 as they played with a range of Barbie dolls and playsets. The key findings apply to all children, regardless of gender.

KEY FINDINGS

Doll play activates brain regions that allow children to develop social processing skills like empathy.

The brain activation that develops empathy is evidenced even when the child is playing with dolls by themselves.

AN ACTIVITY TO BUILD EMPATHY WITH YOUR KIDS

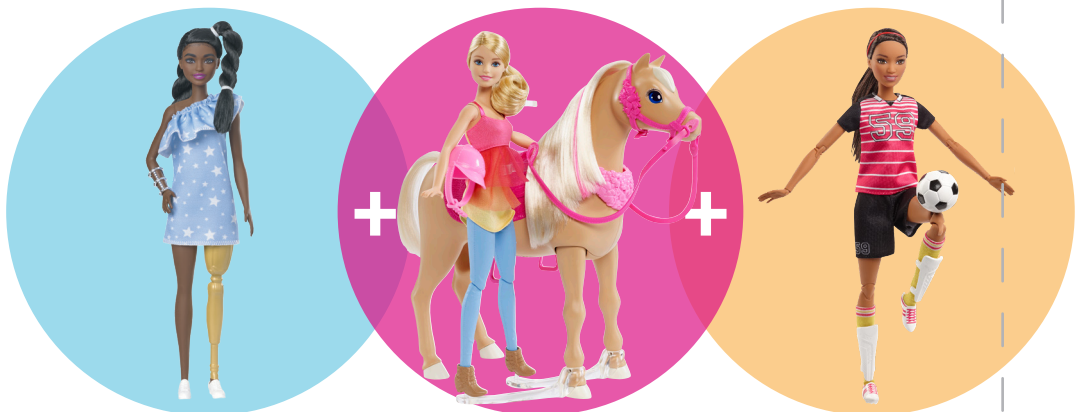
WITH BARBIE YOU CAN TELL ENDLESS STORIES. FILL IN THE BLANKS TO COMPLETE THE STORY BELOW!



You and your fairy friend visit a chef to make pizzas before you head to Chelsea's clubhouse. They run out of your fairy friend's favorite topping. What do you say to cheer her up?

= _____

When you get to the clubhouse, who do you share your pizza with? _____



You pick up your Fashionista friend to head to the horse stables. When you get there, how do you take care of the horses? _____

= _____

After the horse stables, you're off to your soccer game. What do you and all your teammates have in common? _____



WHY EMPATHY IS IMPORTANT

Empathy is an important indicator of children's future success. According to globally recognized educational psychologist Dr. Michele Borba, empathy allows children to:



Understand other points of view, helping them to be better collaborators, leaders, and parents.



Foster successful relationships and conflict resolution skills.



Build resilience which helps their ability to bounce back from adversity.