



EXPLORING THE SEEDS OF COMPASSION

DAY ONE FACT SHEET

April 11, 2008

The Seeds of Compassion event is intended to celebrate and explore the relationships, programs, and tools that nurture and empower children, families, and communities to be compassionate members of society. A fundamental part of this dialogue is exploring the scientific basis for the development and growth of compassion and foundational social and emotional skills beginning at birth. .

Did you Know?

- Infants are born learning through observation, imitation and social stimulation. In fact, recent studies confirm that the brain development of a newborn is directly linked to what they see, hear and experience.
- How a child feels also affects how a child learns. Social, emotional and cognitive learning are highly interactive, affecting children's ability to focus their attention, develop good memory and master the skills necessary for success in school and life.
- Parents and caregivers can profoundly shape a child's brain development by showing them love and compassion consistently during daily interactions. This kind of love grows brains.
- Parents and caregivers are a child's most influential role models, mentors and toys!

Event Details:

On day one of the event, **Friday April 11th**, **His Holiness the Dalai Lama** will be joined by a panel of leading researchers and experts for a discussion that delves into the unique window of opportunity, between birth and age five, to impact a child's brain development and explores simple ways that parents and caregivers can make a difference in the social and emotional learning of children. Panel details are included below.. Media will be required to show their credentials.

9:00 – 11:00 AM – “The Scientific Basis for Compassion: What We Know Now”

Bank of America Arena at Hec Ed Pavilion, UW

Andrew Meltzoff, Co-Director, UW Institute for Learning and Brain Sciences
Richard Davidson, Dir., Laboratory of Affective Neuroscience, University of Wisconsin-Madison
Alicia Lieberman, President, Board of Directors, “Zero to Three”
Daniel J Seigel, Author of “The Mindful Brain”; “Parenting from the Inside Out”
Moderated by Daniel Goleman, author of “Emotional Intelligence”

12:30 – 2:30 PM – “From Knowledge to Compassion Action: What We All Can Do”

Key Arena, Seattle Center

John Gottman, Author of "How to Raise an Emotionally Intelligent Child"
Bob Marvin, Co-Originator, Circle of Security
Karen Gordon, Founding Executive Director, Whole Child International
Mary Gordon, Founder/President, Roots of Empathy
Roger Weissberg, President of the Collaborative for Academic, Social, and Emotional Learning
Moderated by Mark Greenberg, Director of Prevention Research Center for the Promotion of Human Development at Penn State.

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www.seedsofcompassion.org