

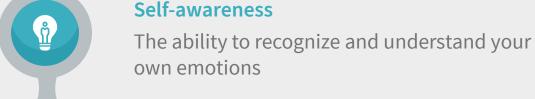
Children have big emotions that they are not equipped to handle without guidance. Often, the best way to support their emotional intelligence is to have a firm grasp of your own.



Emotional intelligence, or EQ, is the ability to recognize, identify, understand and manage your own emotions. It also pertains to the ability to do so for the emotions of others, especially in conflict or high-pressure situations.

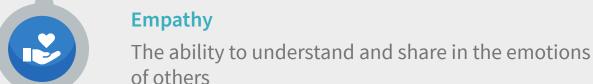
It's important to note that being emotional doesn't mean irrational or out of control, simply that you're experiencing emotions.





Self-regulation The ability to manage and be in control of your

own emotions



Motivation The strong drive to achieve goals and maintain a positive attitude during challenges





Identify the emotion being felt and how you

The RULER Method

know it's said emotion.



The RULER method refers to a tool parents can use to identify emotions, for both

themselves and

RECOGNIZE

to maintain or shift the feeling based on appropriateness.

Determine how

REGULATE

their children. **EXPRESS**

LABEL

UNDERSTAND

Understand

why the person

is feeling that

happened, etc.

way, what

Building your own EQ as a parent is important because... It supports your ability to stay calm and diffuse conflict.

Establish how best to

appropriately express

the emotion.

Choose the word(s)

to best describe the

feeling, such as sad, scared or excited.

performance, demonstrate fewer behavioral issues and show increased resiliency rates.

Practicing EQ strategies helps you become more

It also helps children achieve higher academic

purposeful as a parent.

build trust.

EQ more adequately.

- **Nurturing Your Child's Emotional Intelligence**
- to handle any given situation. Talk about feelings in day-to-day life.
 - Encourage introspection and self-expression. Acknowledge the positives of life while steering focus away from

Model effective coping skills — remember, kids look to you for how

Be an active listener — children need to feel heard and validated to

- the negatives.
- Solve certain problems as a team. Seek out resources or help from the experts to nurture
- Utilize natural therapies to address emotional imbalances impacting mood, behavior or emotional state.

