

NURTURING YOUR CHILD'S EMOTIONAL INTELLIGENCE BY UNDERSTANDING YOUR OWN

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.

What Is Emotional Intelligence?

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.

Understanding Your EQ as a Parent

Goleman's 5 Components of Emotional Intelligence



Self-awareness

The ability to recognize and understand your own emotions

Self-regulation

The ability to manage and be in control of your own emotions

Empathy

The ability to understand and share in the emotions of others

Motivation

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

Social skills

The ability to communicate effectively, resolve conflict and build/maintain healthy relationships with others

The RULER Method

Identify the emotion being felt and how you know it's said emotion.

1
RECOGNIZE

2
UNDERSTAND

The RULER method refers to a tool parents can use to identify emotions, for both themselves and their children.

Understand why the person is feeling that way, what happened, etc.

5
REGULATE

Determine how to maintain or shift the feeling based on appropriateness.

3
LABEL

Choose the word(s) to best describe the feeling, such as sad, scared or excited.

4
EXPRESS

Establish how best to appropriately express the emotion.

Building your own EQ as a parent is important because...

- It supports your ability to stay calm and diffuse conflict.
- Practicing EQ strategies helps you become more purposeful as a parent.
- It also helps children achieve higher academic performance, demonstrate fewer behavioral issues and show increased resiliency rates.



Nurturing Your Child's Emotional Intelligence

- Model effective coping skills — remember, kids look to you for how to handle any given situation.
- Talk about feelings in day-to-day life.
- Be an active listener — children need to feel heard and validated to build trust.
- Encourage introspection and self-expression.
- Acknowledge the positives of life while steering focus away from the negatives.
- Solve certain problems as a team.
- Seek out resources or help from the experts to nurture EQ more adequately.
- Utilize natural therapies to address emotional imbalances impacting mood, behavior or emotional state.