



## **Child Emotional Intelligence**

**Step 1: Be aware of your child's emotions:** Parents who are aware of their own feelings and sensitive to the emotions present in their children. Being aware of subtle expressions is often more important than more overt ones.

**Step 2: See emotions as an opportunity for connection and teaching:** Children's emotions are not an inconvenience or a challenge. They are an opportunity to connect with your child and coach them through a challenging feeling.

**Step 3: Listen and validate the feelings:** Give your child your full attention while you listen to their emotional expression. Reflect back what you hear, thus telling your child you understand what they are seeing and experiencing.

**Step 4: Label their emotions.** Help your child develop an awareness of and vocabulary for their emotional expression.

**Step 5: Help your child problem-solve with limit:** All emotions are acceptable but not all behaviors are. Help your child cope with their or her emotions by developing problem-solving skills. Limit the expression to appropriate behaviors. This involves helping your child set goals and generating solutions to reach those goals.

