How to Raise Your Child's Emotional Intelligence

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Background Information

- Emotional intelligence: your child's ability to cope with feelings, manage them, and in process helps him/her relate well to other people.
- Parents can increase their child's emotional intelligence through various stages of life. In the pregnancy stage, billions of brain cells are being developed within the fetus. The networks that form between birth and age four are very crucial in creating a strong foundation for the child's emotional and learning capabilities.
- Unlike IQ which remains consistent throughout adulthood, EQ or Emotional Intelligence Quotient can be learned and enhanced throughout life.

Five Basic Steps Parents Can Use to Improve Your Child’s EQ:

- Increase your own awareness of your child’s emotional disposition.
- Use any emotional situation as an opportunity to create intimacy and provide guidance.
- Always validate the child’s feelings. DO NOT DISMISS them.
- Help the child find words to label his emotions.
- Set boundaries/rules while helping the child look for strategies to problem solve.

Tips For Helping Your School-aged Child Become More Emotionally Intelligent

- Help the child develop competence by helping them with their school work.
- Model appropriate tools for managing difficult emotions like counting to ten or taking deep breaths.
- Be a school volunteer, be involved in your child’s world.
- Encourage positive peer interactions. Know who your child spends time with.
- Enrich the child’s experience by doing fun and educational activities. Spend quality time together.
- Support and strengthen your child’s interests to increase their sense of competence and not inferiority.

Times When You Don’t Have to Emotion Coach

- When you don't have time. Children listen better when you’re not under time pressure, in danger of constant interruption, or taking calls on a cell phone.
- When you are not comfortable coaching in a public place. It could be embarrassing to handle a misbehaving child in front of relatives, friends, etc...
- You can tell your child you plan to discuss the issue at another time, then make sure to follow up.
- When you are emotionally charged or stressed.
References