

WHAT IS SHE FEELING??????

NERVOUS?

SURPRISED?

HAPPY?

SCARED?



EMOTIONAL INTELLIGENCE

- The ability to identify, understand and control your feelings
- The ability to communicate your feelings to others in an appropriate way
- The ability to have empathy with the feelings of others



The positive results of EI in your children

CHILDREN WHO HAVE THE SKILLS ASSOCIATED WITH A HIGH EI:

- ENJOY BETTER HEALTH
- SCORE HIGHER ACADEMICALLY
- GET ALONG BETTER WITH FRIENDS
- EXPERIENCE FEWER NEGATIVE FEELINGS
- BECOME MORE RESILIENT
- ARE MORE RESPONSIVE TO PARENTS REQUESTS
- HAVE IMPROVED SELF WORTH
- MAKE BETTER DECISIONS
- ARE MORE ASSERTIVE
- ARE BETTER ABLE TO RESIST NEGATIVE PEER PRESSURE
- ARE ABLE TO MANAGE CONFLICT WITHOUT RESORTING TO VIOLENCE

HOW CAN I BECOME AN EMOTIONALLY INTELLIGENT PARENT

- RECOGNISE AND MANAGE YOUR OWN FEELINGS
- HANDLE YOUR EMOTIONS IN AN APPROPRIATE MANNER - BE A GOOD ROLE MODEL FOR YOUR CHILDREN
- IF YOU FEEL THAT YOUR CHILD IS EXPERIENCING EMOTIONAL PROBLEMS THAT YOU ARE UNABLE TO DEAL WITH, SPEAK TO YOUR CHILD'S TEACHER OR SEEK PROFESSIONAL ADVICE

TIPS FOR EMOTIONALLY INTELLIGENT PARENTING

- Accept that all children have negative and positive emotions
- Let them know: all emotions are acceptable, but some forms of behavior are not
- Don't ignore your child's emotional responses be they negative or positive
- Take time to listen and empathize with your child's feelings
- Help your child solve his problems in his own way
- Learn to trust your child's capacity to handle his feelings
- Be consistent
- Don't become anxious when your child shows negative feelings
- Never belittle your child's feelings
- Help your child form positive and healthy peer relationships . The relationships that children form in their early years are a determining factor in the kind of people they will grow up to be
- Love , limit and let go.