



Raising Emotionally Sound Children

Emotional Intelligence

Emotional intelligence is defined as the ability to express his or her emotions appropriately, to correctly interpret other people's emotions, and to understand the triggers and outcomes of certain emotions.

Expressive Language

Children deal with many of the same emotions adults do; but they often do not have the words to talk about how they are feeling. It is your job as parents, guardians and teachers to give children the words they need to express how they feel.

10 Strategies to help your child express their feelings

- Teach your children feeling words.
- Explain feelings by using words your child can easily understand.
- Give children lots of opportunities to identify feelings in themselves and others.
- Teach your children the different ways they can respond to specific feelings, conflicts, or problems.
- Teach your child to identify and express their emotions in ways that your family and friends find acceptable.
 - Teach in the moment.
 - Use visuals or pictures to help get your point across, and always try to relate your lesson back to something that happens in your child's life.
 - Praise your child the first time they tries to talk about their feelings instead of just reacting. It is REALLY important to let your child know exactly what she did right and how proud you are of her for talking about feelings.
- Teach your child ways they can act on feelings:

Ask for help

Solve problems with words Say it, don't do it (say "I am mad" instead of throwing toys)

Tell a grown-up

Take a deep breath

Describe what you are feeling

Think of a different way to do it

Relax and try again

Walk away

Ask for a hug

- Support your child to talk about feelings and practice her new strategies for expressing emotions appropriately every chance you get

WARNING – Do not try and practice when your child is in the middle of a “meltdown.” Use quiet, calm times to teach and practice the new strategies