

Top Ways to Raise Emotionally Intelligent Kids

By
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Super Kids

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Every parent wishes their children to be happy and successful in life when they grow up. They take a lot of pains to ensure that their children get good educations and have high IQs.

But have you ever thought of raising your child's EQ?

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EQ stands for Emotional Intelligence Quotient. Research has proved that children with a high level of EQ are greatly successful in life. Emotional Intelligence is as vital for a child as is his Intelligence Quotient. A high EQ child is happier and content than any other normal child. Emotionally strong children are well equipped to sense emotions and manage them too.

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Having a high level of emotional intelligence in your children is the best way to ensure that they live a happy, successful, and responsible life as an adult. Here are top ways to help your kid attain a high degree of emotional intelligence

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Be a Good Listener and Interpret the Child's Feelings

First and foremost, try and listen carefully to what your child has to say, however busy you are. The feeling that you are hearing him out is very assuring for the child. After you have done this, repeat what the child feels back to him.

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For instance, if he has not won a prize in some competition he participated, you can check out if he is feeling disappointed or dejected. If he replies in the positive, share a similar experience with him when you were at school. This makes the child think that everybody has passed through this sometime or the other, and he is not alone.

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Introduce the Feelings to Your Child

Little children do not know how to describe what their emotions exactly are at any point of time. To enhance his EQ, as parents, you can introduce him to various emotions he might be going through. Children need a name for everything, and emotions are not excluded. You can introduce the emotions as happy, disappointed, and neglected according to the situation he is in.

Confirm Your Child's Emotions

You should not ward off your child's emotions by saying things like "why are you scared of water? You love to play with it, right?" Simply reciprocate his feelings and make him comfortable. Make him understand that it is not wrong to be scared, but it can be overcome. This way the child learns to manage his emotions well.

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Model Emotional Intelligence Yourself

Yes, your kids are watching very closely. They see how you respond to frustration, they see how resilient you are, and they see whether you're aware of your own feelings, and the feelings of others.

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Be Willing to Say “NO” to Your Kids

There’s a lot of stuff out there for kids. And your kids will ask for a lot of it. Saying no will give your kids an opportunity to deal with disappointment, and to learn impulse control. To a certain degree, your job as a parent is to allow your kids to be frustrated and to work through it. Kids who always get what they want typically aren’t very happy.

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Be aware of your parental “hotspots”

Know what your issues are—what makes you come unglued, and what’s this really about? Is it not being in control? Not being respected? Underneath these issues lies a fear about something. Get to know what your fear is, so you’re less likely to come unglued when you’re with your kids. Knowing your issues doesn’t make them go away, it just makes them easier to plan for and to deal with.

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Practice and Hone Your Skills at Being Non-Judgmental

Start labeling feelings and avoid name-calling. Say, “he seems angry,” rather than, “what a bad boy”. When your kids are whiny or crying, saying things like, “you seem sad,” will always be better than just asking them to stop crying. Depriving kids of the feelings they’re experiencing will only drive them underground and make them stronger.

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Start coaching your kids

When kids are beyond the toddler years, you can start coaching them to help them to be more responsible. Instead of, “get your shoes and socks,” you can ask, “what do you need to be ready for school?” Constantly telling your kids what to do does not help them to develop confidence and responsibility.

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Always be willing to be part of the problem

See yourself as having something to do with every problem that comes along. Most problems in families get bigger when parents respond to them in a way that exacerbates the problem. If your child makes a mistake, remember how crucial it is for you to have a calm, reasoned response.

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Get your kids involved in household duties at an early age

Research suggests that kids who are involved in household chores from an early age tend to be happier and more successful. Why? From an early age, they're made to feel they are an important part of the family. Kids want to belong and to feel like they're valuable.

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Limit your kids access to mass media mania

Young kids need to play, not spend time in front of a screen. To develop creativity and problem-solving skills, allow your kids time to use free play. Much of the mass media market can teach your kids about consumerism, sarcasm, and violence. What your kids learn from you and from free play will provide the seeds for future emotional intelligence.

Talk about feelings as a family

State your emotional goals as a family.

These might be no yelling, no name-calling, be respectful at all times, etc. Families that talk about their goals are more likely to be aware of them and to achieve them. As the parent, you then have to “walk the talk.”

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See your kids as wonderful

There is no greater way to create emotional intelligence in your child than to see them as wonderful and capable. A law of the universe is, “what you think about expands.” If you see your child and think about them as wonderful, you’ll get a lot of “wonderful”. If you think about your child as a problem, you’ll get a lot of problems.

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FEELINGS

- Identify Feelings***
- Acknowledge Feelings***
- Stop Behavior***
- not feelings***

Feelings=Life

- People will forget what you said***
- People will forget what you did***
- but they will not forget how you made them feel***

How do I react?

- Two children are fighting over who will be the first one to paint.
- Vijay is constantly rocking his chair making a tweaking sound.
- Since everyone teases Kiran, she says she doesn't want to play because of stomach upset.
- Aditya is crying because he has lost his pencil box.
- You overhear Ravi saying to Jayant “Mr Rao is so cruel. I wish some day he falls terribly sick. “
- Rahul doesn't want to do any activity as his friend Ajit has not come today.

Identify Feelings

- Two children are fighting over who will be the first one to paint.
- Anxious, Worried,
- Vijay is constantly rocking his chair making a tweaking sound.
- Bored, Neglected, Lonely, Enjoying,
- Since everyone teases Kiran, she says she doesn't want to play because of stomach upset .
- Hurt, Upset, Anxious, Insulted
- Aditya is crying because he has lost his pencil box.
- Upset, Worried, scared
- Rahul doesn't want to do any activity as his friend Ajit has not come today.
- Lonely, Missing

Acknowledge Feelings

- **Two children are fighting over who will be the first one to paint.**
- *You are Anxious for your turn*
- **Vijay is constantly rocking his chair making a tweaking sound.**
- *You seem to be bored*
- **Since everyone teases Kiran, she says she doesn't want to play because of stomach upset .**
- *Kiran is feeling Hurt*
- **Aditya is crying because he has lost his pencil box.**
- *Aditya is upset because he has lost his box*
- **Rahul doesn't want to do any activity as his friend Ajit has not come today.**
- *Rahul is Missing his friend*

Solutions

- Use drawing
- Use art, clay, sand making, toys etc
- Use role play / pretend play
- Use guided visualizations
- Use Writing – use comics, story boards, flow charts, poetry, letters etc

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Solutions

- Do not immediately offer comfort. Offer a channel for them to find solutions on their own:
 - I ask, “What can you do when you feel afraid of dark?”
 - Four year old replies, “I could switch on lights and see if there is anything there”.
 - I further ask, “What would you like me to do?”
 - “You can help me by putting a the switch next to my bed.”
- Child initiated solutions build confidence in the child from within. Also follow up with the solutions suggested by the child – even if they sound illogical or ridiculous.
Eg: One child said he would start jumping when the power goes out in the night!

The Benefits

- The more we empathize, the better WE feel
- We “say a lot” by listening for other people’s feelings
- Empathizing with someone’s “NO” protects us from taking it personally
- When kids feel right, they behave right.
- By acknowledge feelings we open the door for children to come out of their negative frame of mind.

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That Uncle is so mean

- Deny Feelings
- How can you think like that
- Ask Questions
- Why do you say Like that?
- Give Advice or command
- You should not think like that about elders
- Give criticism
- This is bad. Is this how we respect others.
- Give explanation
- The Uncle was only trying to show you the right way to do it.
- Give solution
- C'mon here lets play this game (and soon you will forget about it)
- Show Pity
- Oh I am so sorry if he said like that to you

Emotions

Affectionate	Cruel	Curious	Depressed
Disappointed	Disgusted	Ecstatic	Embarrassed
Enjoying	Enraged	Excited	Fantastic
Fearful	Fed-up	Free	
Agreeable	Annoyed	Awful	Bored
Brave	Calm	Capable	Caring
Cheerful	Clumsy	Confused	Comfortable
Cooperative	Peaceful	Proud	Pleasant
Relaxed	Relieved	Safe	Satisfied
Scared	Sensitive	Serious	Shy
Stressed	Strong	Stubborn	Friendly
Frustrated	Gloomy	Guilty	Ignored
Impatient	Important	Interested	Irritated
Jealous	Joyful	Lonely	Lost
Loving	Overwhelmed	Offended	Tense
Thoughtful	Thrilled	Troubled	Unafraid

Having a high IQ is nice, but having a high “EQ” is even better. Make these ideas daily habits, and you’ll give your kids the best chance possible to lead a happy, productive, and responsible life as adults.

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**Thank You
&
Happy Parenting**

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