

50 SIMPLE WAYS TO STRENGTHEN YOUR CHILD'S EMOTIONAL INTELLIGENCE

1. Be attentive to your kid's physical state
2. Talk about emotions
3. Talk about your own emotions
4. Cultivate your child's empathy
5. Shift your language to support the development of your child's EQ
6. Learn how to deal with your own big emotions
7. Own your own emotions
8. Avoid emotion-coaching in the midst of a tantrum
9. Help your child open up about emotions by drawing on the feelings of those around him
10. Put a name on your child's emotions
11. Teach your child to identify his triggers
12. Learn to identify your child's triggers
13. Talk about how strong emotions feel in the body
14. Focus on appropriate behavior instead of misbehavior
15. Understand that emotions drive behavior
16. Demonstrate empathy
17. Start with yourself
18. Talk about your coping mechanisms
19. Use routines to help provide a safe framework for your kid
20. Use age-appropriate tools to foster your child's emotional intelligence
21. Validate your child's feelings
22. Encourage your child to come up with appropriate coping mechanisms
23. Take advantage of visual coping mechanisms
24. Do not shield your kid from difficult situations
25. Build up your child's positive emotions
26. Be your child's emotions coach
27. Let your child know what is expected of him
28. Avoid labelling your child's behavior
29. Teach your child to get away from triggers
30. Help your child identify a "safe spot"
31. Teach your kid positive affirmations the right way
32. Turn criticism into an opportunity to strengthen your child's emotional intelligence
33. Make your child's teacher your ally
34. Use games
35. Make your kid work out everyday
36. Use creative arts
37. Learn to tell the difference between emotion-driven behavior and outright misbehavior
38. Get help
39. Foster your child's emotional safety
40. Treat all feelings as valid
41. Accept your child's appropriate coping mechanisms
42. Learn to use your pause button
43. Help your child adopt his own pause button
44. Find more opportunities to connect
45. Know when to keep silent
46. Think ahead
47. Prepare an "emotional regulation toolbox" for difficult days
48. Use open-ended questions to get the conversation about emotions going
49. Read books about emotions together
50. Acknowledge your child's emotions

Advanced Strategies Emotional Intelligence For Kids

Barbara Clark



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