



## 3 do's of emotional intelligence

1. Recognize negative emotions as a way to connect
  - Children have a hard time controlling emotions
  - Stay compassionate, loving, kind
  - Communicate empathy and understanding-tentatively reflect your child's emotions
    - "It sounds like you're frustrated. Is there anything I can do to help?"
    - "You seem so angry right now. Is it because Sophie took your toy?"
2. Help your child label their emotions
  - Once children can appropriately recognize and label emotions, they will be more apt to self-regulate
    - "I sense that you are getting angry."
    - "It sounds like you're feeling worried."
  - Reflect the content of the problem from the child's point of view
  - Accept any corrections from child
  - Convey that you are available to help
3. Set limits and problem solve
  - If child is breaking rules, remind them: all emotions are acceptable, but all behaviors are not
    - "It's OK to be mad, but it's not OK to hit."
    - "I understand you're upset, but I can't let you throw your blocks."
  - Ask yourself: Who owns the problem?
    - Is my child too young to handle this?
    - Is there harm to person or property?
    - Am I being disrespected?
  - If child owns problem:
    - Do nothing, express confidence, coach problem solving
    - Enlist help to seek alternate solutions
    - Offer coping strategies

