

Emotional Intelligence Review

- 1. Emotional Intelligence is learned through relationship
- 2. Emotional Intelligence is key to success, well-being, health and longevity
- 3. Help your child attach positively
- 4. Teach conversational skills
- 5. Teach empathy
- 6. Teach realistic thinking
- 7. Use positive discipline
- 8. Support self-motivation
- 9. Teach problem solving skills
- 10. Avoid perfectionism



