



## Build Emotional Intelligence

1. Warm and affectionate to child regardless of behavior
2. Practice and can apply under stress at least one brain calming method
3. Teach child at least one brain calming method
4. Practice open, honest communication
5. When problem arises, can recognize who “owns” it
6. Use reflective listening
7. Coach problem solving
8. Use I-statements
9. We have conversations and listen to each other
10. Child has regular opportunities to socialize with adults and children
11. Child has chores and chances to contribute
12. Don't insist child be affectionate to others

