

## **HOW TO PROMOTE EMOTIONAL INTELLIGENCE (using the emotions bundle tools)**

- 1. Change the story around emotions in your family,** and this change starts with you. Notice how you are feeling when your child is displaying strong emotions. Invision a separation between their feelings and yours.
- 2. Allow your child to express all emotions,** to feel is to be human. The challenging emotions of anger, sadness and worry are all a part of your child and should be honored. When you resist or suppress your child's unpleasant feelings you create unhealthy coping patterns of supression and avoidance.
- 3. Provide your child with a calm steady presence throughout big emotions,** which normalizes expression of emotion and helps the chemical response of an emotion pass in a healthy and timely way.
- 4. Teach emotion words to your child consistently.** A great time to teach emotion language is when your child is calm. Use the cards to discuss various aspects of each emotion including: examples of when you've felt that way, 'guess that emotion' game using facial expressions, or role-playing different emotions in a skit.
- 5. Emotions need to be identified before they can be processed.** Present the emotions cards/sheet to your child when they need assistance labeling their emotions. Handing them the cards with be a cue that they may be in an emotional space.
- 6. Identify your own feelings** out loud and display a related emotion flashcard when able, this helps model healthy habits for your child's expression of emotion.
- 7. Model empathy for others,** reflecting and considering the feelings of others is a skill that will greatly enhance your child's relationships.
- 8. Practice different coping strategies together,** what works will change with age, circumstance, and environment.

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