

## WHY TEACHING YOUR CHILD ABOUT THEIR EMOTIONS IS IMPORTANT

*Emotional Intelligence is defined as the ability to recognize, understand and manage our own emotions, as well as understanding the emotions of others.*

For a child this means having an awareness of what emotions are occurring inside himself, as well as being able to identify and work through these emotions in both a personal and relational context.

Research tells us that a child's level of emotional intelligence predicts future success and well-being in many significant realms such as academic (motivation and achievement), social (quality of relationships), psychological (better coping and self-care skills) and overall predicts a greater quality of life.

Knowing how to identify and navigate through our emotions is the primary building block of every social and emotional skill. Basically, when your child has an awareness of what emotions are occurring within themselves, that they are all acceptable and healthy, and how to cope with them, they will have a framework for interacting positively with themselves and others that will last a lifetime.

**Your child's emotional intelligence is the platform for a host of critical daily skills, impacting almost everything your child does and says each day:**

1. Self-talk
2. Self-awareness
3. Coping strategies
4. Empathy
5. Prosocial behaviors (sharing, turn taking ect)
6. Communication skills
7. Self-care skills
8. Motivation and perseverance
9. Conflict resolution skills
10. Personal Growth

*Emotional Intelligence is a powerhouse for your child's future well-being.*

- Angela  
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