

10 ways to raise emotionally intelligent kids



EMOTIONAL INTELLIGENCE

Having a high level of emotional intelligence in your children is the best way to ensure that they live a happy, successful, and responsible life as an adult. Here are ten ways to help your kids attain a high degree of emotional intelligence:

1 MODEL

Model emotional intelligence yourself. Yes, your kids are watching very closely. They see how you respond to frustration, they see how resilient you are, and they see whether you're aware of your own feelings and the feelings of others.

2 SAY NO

Be willing to say "no" to your kids. There's a lot of stuff out there for kids. And your kids will ask for a lot of it. Saying no will give your kids an opportunity to deal with disappointment and to learn impulse control. To a certain degree, your job as a parent is to allow your kids to be frustrated and to work through it. Kids who always get what they want typically aren't very happy.

3 BE AWARE OF YOUR HOTSPOTS

Be aware of your parental "hotspots." Know what your issues are - what makes you come unglued and what's this really about? Is it not being in control? Not being respected? Underneath these issues lies a fear about something. Get to know what your fear is so you're less likely to come unglued when you're with your kids. This doesn't make fears go away, it just makes it easier to plan for and to deal with.

4 BE NON-JUDGMENTAL

Practice and hone your skills at being non-judgmental. Start labeling feelings and avoid name-calling. Say, "He seems angry," rather than, "What a jerk." When your kids are whiny, saying things like, "You seem sad," is better than just asking them to stop. Depriving kids of the feelings they're experiencing will only drive them underground and make the feelings stronger.

5 COACH YOUR KIDS

Start coaching your kids. When kids are beyond the toddler years, you can start coaching them to help them to be more responsible. Instead of "Get your hat and bag," ask, "What do you need to be ready for school?" Constantly telling your kids what to do does not help them to develop confidence and responsibility.





6 BE WILLING TO BE PART OF THE PROBLEM

Always be willing to be part of the problem. See yourself as having something to do with every problem that comes along. Most problems in families get bigger when parents respond to them in a way that exacerbates the problem. If your child makes a mistake, remember how crucial it is for you to have a calm, reasoned response.

7 INVOLVE YOUR KIDS

Get your kids involved in household duties at an early age. Research suggests that kids who are involved in household chores from an early age tend to be happier and more successful.

Why? From an early age, they're made to feel they are an important part of the family. Kids want to belong and to feel like they're valuable. Make them feel like they are a valued member of the family. Ask your kids for their opinion on things you can do together as a family, let them choose a movie or activity. Be interested in their interests.

8 LIMIT YOUR KIDS ACCESS TO SOCIAL MEDIA AND GAMING

Young kids need to play, not spend time in front of a screen. To develop creativity and problemsolving skills, allow your kids time to use free play. Too much time in social media and gaming will teach your kids consumerism, comparison and violence. What your kids learn from you and from free play with others will provide the seeds for future emotional intelligence.

9 TALK ABOUT FEELINGS

Talk about feelings as a family. State your emotional goals as a family. These might be no yelling, no name-calling, be respectful at all times, etc. Families that talk about their goals are more likely to be aware of them and to achieve them.

As the parent, you then have to "walk the talk." Share your feelings with your kids, when it is appropriate and in an age appropriate manner. They need to know that you also feel, that feeling is a good human experience. Don't be afraid to let yourself be seen by your kids as a person too.

10 SEE YOUR KIDS AS WONDERFUL

See your kids as wonderful and capable. There is no greater way to create emotional intelligence in your child than to see them as wonderful and capable. One law of the universe is, "What you think about expands." If you think about your child as a problem, you'll get a lot of problems. If you see your child as wonderful, you'll get a lot of "Wonderful."

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