

Emotional Intelligence: Why Our Children's Emotions Matter

1. What is emotional intelligence?

The ability to _____, _____ and _____ emotion.

2. How does emotional intelligence benefit our children?

EI Improves:

EI Reduces:

3. Why do emotions matter? (Including the strong, unpleasant ones?)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

4. What gets in the way of emotional intelligence?

1. _____

2. _____

3. _____

Please join us for more practical tips with Part 2 of this two-part series:

Promoting Emotional Intelligence:

How to become your child's emotional coach

Emotional Intelligence Booklist

Brene Brown's Ted Talks on "Listening to shame" and "The power of vulnerability"

Building Emotional Intelligence: Techniques to cultivate inner strength in children
– Linda Lantieri & Daniel Goleman

Connection Parenting: Parenting through connection instead of coercion; through love instead of fear. – Pam Leo

The Developing Mind: How relationships and the brain interact to shape who we are
– Dan Siegel

Emotional Intelligence: The groundbreaking book that re-defines what it means to be smart –
Dan Goleman

HandinHandParenting.org: Take "Building Emotional Understanding" class.
Read "Listen" and booklets on "How children's emotions work", "Crying" and "Staylistening".

The Happiness Trap: How to stop struggling and start living – Russ Harris

No Drama Discipline: The whole-brain way to calm the chaos and nurture your child's
developing mind - Dan Siegel & Tina Payne Bryson

Parenting Without Power Struggles: Raising joyful, resilient kids while staying cool, calm and
connected – Susan Stiffelman

Positive Discipline: The classic guide to helping children develop self-discipline, responsibility,
cooperation and problem-solving skills – Jane Nelson

PositiveDiscipline.com: Excellent website with tremendous resources & Parent Ed trainings

Raising an Emotionally Intelligent Child: The heart of parenting – John Gottman

Visiting Feelings: A children's book about emotions – Lauren Rubenstein

The Whole Brain Child: 12 Revolutionary strategies to nurture your child's developing mind –
Dan Siegel & Tina Payne Bryson

The Yes Brain: How to cultivate courage, curiosity and resilience in your child – Dan Siegel &
Tina Payne Bryson

When Sophie Gets Angry. Really, Really Angry (children's) - Molly Bang

Why Zebras Don't Get Ulcers: An updated guide to stress & coping - Robert Sapolsky
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