

Raising An Emotionally Intelligent Child

Raising an Emotionally Intelligent Child John Gottman 1998

Discipline Without Damage Vanessa Lapointe 2015-12-21 In this easy-to-read, science-based book, parents, caregivers, and adults of all kinds discover how discipline affects children's development, why intervention should reinforce connection not separation, and why the disciplinary strategies that may have been used on us as children are not the ones that children really need. As a practicing child and family psychologist and advisor to the British Columbia ministry of children and families, Dr. Vanessa has seen it all, and she has navigated hundreds of tough situations with families. Drawing on scientific research and a wealth of clinical experience, she shows you how to put out the fire without dampening your child's spirits; how to correct their behavior while emphasizing connection; and how to discipline without damage.

The Uncontrollable Child Matis Miller 2021-04-01 Evidence-based skills, insight, and methods drawn from dialectical behavior therapy (DBT) to help you gain a greater understanding of your child's behavior, parent them with compassion and confidence, and restore peace to your home. Is your child extremely irritable most of the time? Do they have difficulty interpreting social cues? Are they impulsive and prone to outbursts or explosive rages? Parenting a child who has emotional dysregulation can be a bumpy ride. You've probably received advice—some of it unsolicited—from friends, teachers, and family members. But strategies and techniques that work for other kids are usually ineffective when it comes to your unique child, and can even lead to more stress for everyone in your family. The Uncontrollable Child is here to help. Written for parents of children with emotion dysregulation disorders, including disruptive mood dysregulation disorder (DMDD), The Uncontrollable Child is a lifeline. It contains a powerful set of skills based in dialectical behavior therapy (DBT)—including mindfulness, validation, limit-setting, and behavior-shaping—to help you better understand your child and their behavior, and successfully find balance between acceptance and change, flexibility and consistency, and limits and love. As a parent, you want the very best for your child, but if you have a child with explosive emotions, you need extra help. Let this book guide you toward creating a nurturing, healthy, and loving environment in which your whole family can thrive.

Confident Parents, Confident Kids Jennifer S. Miller 2019-11-05 Confident Parents, Confident Kids lays out an approach for helping parents—and the kids they love—hone their emotional intelligence so that they can make wise choices, connect and communicate well with others (even when patience is thin), and become socially conscious and confident human beings. How do we raise a happy, confident kid? And how can we be confident that our parenting is preparing our child for success? Our confidence develops from understanding and having a mastery over our emotions (aka emotional intelligence)—and helping our children do the same. Like learning to play a musical instrument, we can fine-tune our ability to skillfully react to those crazy, wonderful, big feelings that naturally arise from our child's constant growth and changes, moving from chaos to harmony. We want our children to trust that they can conquer any challenge with hard work and persistence; that they can love boundlessly; that they will find their unique sense of purpose; and they will act wisely in a complex world. This book shows you how. With author and educator Jennifer Miller as your supportive guide, you'll learn: the lies we've been told about emotions, how they shape our choices, and how we can reshape our parenting decisions in better alignment with our deepest values. how to identify the temperaments your child was born with so you can support those tendencies rather than fight them. how to align your biggest hopes and dreams for your kids with specific skills that can be practiced, along with new research to support those powerful connections. about each age and stage your child goes through and the range of learning opportunities available. how to identify and

manage those big emotions (that only the parenting process can bring out in us!) and how to model emotional intelligence for your children. how to deal with the emotions and influences of your choir—the many outside individuals and communities who directly impact your child’s life, including school, the digital world, extended family, neighbors, and friends. Raising confident, centered, happy kids—while feeling the same way about yourself—is possible with Confident Parents, Confident Kids.

Brain-Based Emotional Intelligence (EQ) for Kids! Amita Roy Shah 2019-09-25 Children will learn 3 secret strategies and play 3 interactive games in this Brain-Based Emotional Intelligence (EQ) Curriculum is for kids 8-12 years old*. This is a hands-on curriculum with a parent and teacher guide. Children will learn concrete strategies to help them with identifying and regulating their emotions. They will learn how to manage their anxieties, worries, and limiting beliefs. In addition, they learn the importance of having a positive mindset, through positive affirmations and talking back to their worries. They will also develop a growth mindset, by learning about famous failed successes and learning how to set and achieve their life goals! This program has been piloted with different groups of students through city programs and at an elementary school. Parents and teachers have noticed a significant improvement with children being able to identify and regulate their emotions. This program will empower your children to learn more about their brain, and why their minds and bodies react in particular ways during times of conflict or stress. It will also provide them with concrete strategies that they can use to help regulate their emotions. This pack includes: -Understanding the Brain: Prefrontal Cortex, Amygdala, and Hippocampus-Understanding an Amygdala Hijack! -Mind/Body Connection during an Amygdala Hijack!-Differences between real and perceived threats-Understanding fight-or-flight responses in their lives-Understanding how Anger is a secondary emotion (and how to figure out their primary emotion)-Feelings chart (with over 200 feeling words, many that kids don't know!)-Emotions chart to sort feelings (Positive, Negative, In-between, and Emotions I don't Know)-Weekly Logs (to journal feelings and train their prefrontal cortex to step in before an Amygdala Hijack!)-Understanding Mind Bubbles (mindfulness related activity)-The Strategy STOP -Conscious vs. Subconscious Mind (Limiting beliefs)-Worry Bullies (addressing anxiety and worries)-The Power of Positive Affirmations & Simple Yoga Poses -Failed Successes (Michael Jordan, Katy Perry, Walt Disney)-The Power of Vision Boards (template to create a vision board)-Amygdala Hijack! Card Game (with real-life scenarios kids have encountered)-Heads Up! Emotions Game (reinforcing all the emotion words they learned)-Social Edge! Taboo Game (reinforcing all key concepts learned). Having good social and emotional skills will help children be successful in their personal and professional lives. Research shows that employers hire for EQ and train for IQ. Depression is the fastest growing disease, currently effecting 300M people (WHO). Late childhood (just before the transitional period of puberty) and upper elementary school is a time period when the child's personalities, behaviors, and competencies come together to shape who they will become in adolescence and as adults (Collins, 1984). Providing enrichment activities that support healthy forms of self-regulation and reflection and prosocial dispositions could ameliorate or even prevent some of the mental health and school-linked problems that often arise as they transition to puberty (Best & Miller, 2010; M.C. Davidson; Anderson & Diamond, 2006).*This curriculum was developed by Dr. Amita Roy Shah based on her education and expertise. She has an Ed.D. in Curriculum and Teaching from Teachers College, Columbia University. She was a former teacher for Los Angeles Unified School District (LAUSD). She is currently a Professor in the Child and Adolescent Development at San Jose State University.

The Everything Parent's Guide to Raising a Gifted Child Robbins Med Herbert 2011-12-15 Raising a gifted child is both a joy and a challenge. Gifted and exceptional children can seem self-sufficient, but it takes more than intelligence to lead a happy and fulfilling life. Your child need your support and advocacy in school, in social situations, and even at home. This guide shows you how to encourage and foster your gifted child from birth to adolescence, including information on How to determine if your child is gifted Options for school programs and activities Dealing with perfectionism and stress Setting realistic and healthy goals for your child Ensuring proper socialization and friendship Coping with jealousy and

bullying from other children Packed with useful and professional advice, this is a reassuring guide to help your gifted child grow, thrive, and develop his talents.

Raising Resilient Sons Colleen Kessler 2020-12-08 You're a caring mother of boys, part of the "boy mom" phenomenon—now learn how to raise your son to be compassionate, empathetic, and emotionally intelligent with this parenting guide made just for you. Raising a boy, also known as being a “boy mom,” is tough in today’s culture. We want our sons to grow into strong men who will stand up for what’s right and take care of those they love, but we also want them to share their thoughts, show their feelings, and express emotions in appropriate ways. At its core, we need to teach our boys empathy. That’s where emotional intelligence comes in. Boys need to understand what they’re feeling in any given situation and be able to regulate themselves accordingly. In this first-ever book combining emotional intelligence with parenting specific to boys, boy moms will learn how to help their sons: - identify and name their emotions - develop empathetic listening skills - nurture positive and lasting relationships with others - tackle life with a growth mindset - use strategies like mindfulness to regulate their emotions With *Raising Resilient Sons*, parents will be equipped with the tools they need to build up their sons into the men they know they can be—men who look for the good, spread kindness, react with empathy, and lead with strength and resilience.

Raising Emotionally Strong Boys David Thomas 2022-06-14 About those meltdowns, blowups, and one-word answers . . . Some say that's just how boys are--prone to outbursts or sullenness. But what's behind these and other issues? Drawing from twenty-five years of counseling boys and working with parents, David Thomas sheds light on common emotional struggles, including anger, anxiety, and depression, and shares practical ways you can help your son be Resourceful--equipped to work through his emotions in constructive ways Aware--so that he better understands himself, including his strengths and weaknesses Resilient--having the capacity to cope and feel competent Empathetic--able to understand the feelings and experiences of others Helpful also for grandparents, teachers, and anyone else who has a boy in their life, this book shows how a strong emotional foundation leads to a Christ-like sense of masculinity that will serve him well his whole life. "This book is the most impactful, practical, and applicable playbook for raising young men that we have read to date."--TIM and ELISABETH HASSELBECK, ESPN analyst and bestselling author "David Thomas is someone I go to as a resource when it comes to parenting--especially parenting a boy."--RACHEL CRUZE, #1 New York Times bestselling author and host of *The Rachel Cruze Show*

The Heart of Parenting John Mordechai Gottman 1997 A professor of psychology details a five-step process called "emotion coaching" that allows parents to raise a child better able to cope with his or her emotions. 35,000 first printing.

Grit Angela Duckworth 2016-05-03 In this instant New York Times bestseller, Angela Duckworth shows anyone striving to succeed that the secret to outstanding achievement is not talent, but a special blend of passion and persistence she calls “grit.” “Inspiration for non-geniuses everywhere” (People). The daughter of a scientist who frequently noted her lack of “genius,” Angela Duckworth is now a celebrated researcher and professor. It was her early eye-opening stints in teaching, business consulting, and neuroscience that led to her hypothesis about what really drives success: not genius, but a unique combination of passion and long-term perseverance. In *Grit*, she takes us into the field to visit cadets struggling through their first days at West Point, teachers working in some of the toughest schools, and young finalists in the National Spelling Bee. She also mines fascinating insights from history and shows what can be gleaned from modern experiments in peak performance. Finally, she shares what she’s learned from interviewing dozens of high achievers—from JP Morgan CEO Jamie Dimon to New Yorker cartoon editor Bob Mankoff to Seattle Seahawks Coach Pete Carroll. “Duckworth’s ideas about the cultivation of tenacity have clearly changed some lives for the better” (The New York Times Book Review). Among *Grit*’s most valuable insights: any effort you make ultimately counts twice toward your goal; grit can be learned,

regardless of IQ or circumstances; when it comes to child-rearing, neither a warm embrace nor high standards will work by themselves; how to trigger lifelong interest; the magic of the Hard Thing Rule; and so much more. Winningly personal, insightful, and even life-changing, *Grit* is a book about what goes through your head when you fall down, and how that—not talent or luck—makes all the difference. This is “a fascinating tour of the psychological research on success” (The Wall Street Journal).

The Love Hypothesis Ali Hazelwood 2021-09-14 The Instant New York Times Bestseller and TikTok Sensation! As seen on THE VIEW! A BuzzFeed Best Summer Read of 2021 When a fake relationship between scientists meets the irresistible force of attraction, it throws one woman's carefully calculated theories on love into chaos. As a third-year Ph.D. candidate, Olive Smith doesn't believe in lasting romantic relationships—but her best friend does, and that's what got her into this situation. Convincing Anh that Olive is dating and well on her way to a happily ever after was always going to take more than hand-wavy Jedi mind tricks: Scientists require proof. So, like any self-respecting biologist, Olive panics and kisses the first man she sees. That man is none other than Adam Carlsen, a young hotshot professor—and well-known ass. Which is why Olive is positively floored when Stanford's reigning lab tyrant agrees to keep her charade a secret and be her fake boyfriend. But when a big science conference goes haywire, putting Olive's career on the Bunsen burner, Adam surprises her again with his unyielding support and even more unyielding...six-pack abs. Suddenly their little experiment feels dangerously close to combustion. And Olive discovers that the only thing more complicated than a hypothesis on love is putting her own heart under the microscope.

Emotional Intelligence for Parents Grace Cohen 2021-07-27 Parents are under a lot of stress. They don't know how to handle their own emotions, and they have no idea what to do with their kids' emotions either. The best way for parents to understand their children better is by having an emotional intelligence that allows them to see things from the child's perspective. This helps parents make better decisions when they deal with their kids - both in terms of discipline and building strong relationships with them. *Emotional Intelligence for Parents* is a book about helping parents in two ways. First, it teaches them how to master their own emotions and understand other people's feelings better. Second, it offers tips on raising emotionally intelligent children. Imagine being able to understand your child's feelings so well that you can help them in ways that make sense to them. Imagine having the skills and confidence to handle any parenting situation. And imagine raising emotionally intelligent children who are more likely to succeed throughout life. Your children will respond positively when they see that you are in control of yourself and understand their feelings. What other benefits can you get from this book? Your kids will love you even more than they already do. You'll be the type of person you always wanted to be as a kid. You'll have happier, more fulfilled days with your family. You'll get a second chance at parenting the way you always wished you could have. You'll raise kids who are self-aware and know how they feel before they act on it. This book can help parents of all ages deal with their children in the best way possible. Whether it be toddlers or teenagers, this book has something for everyone. Get your copy today! Click "Buy now" and discover more!

Why Do So Many Incompetent Men Become Leaders? Tomas Chamorro-Premuzic 2019-02-19 Look around your office. Turn on the TV. Incompetent leadership is everywhere, and there's no denying that most of these leaders are men. In this timely and provocative book, Tomas Chamorro-Premuzic asks two powerful questions: Why is it so easy for incompetent men to become leaders? And why is it so hard for competent people—especially competent women—to advance? Marshaling decades of rigorous research, Chamorro-Premuzic points out that although men make up a majority of leaders, they underperform when compared with female leaders. In fact, most organizations equate leadership potential with a handful of destructive personality traits, like overconfidence and narcissism. In other words, these traits may help someone get selected for a leadership role, but they backfire once the person has the job. When competent women—and men who don't fit the stereotype—are unfairly

overlooked, we all suffer the consequences. The result is a deeply flawed system that rewards arrogance rather than humility, and loudness rather than wisdom. There is a better way. With clarity and verve, Chamorro-Premuzic shows us what it really takes to lead and how new systems and processes can help us put the right people in charge.

Emotional Agility Susan David 2016-09-06 #1 Wall Street Journal Best Seller USA Today Best Seller Amazon Best Book of the Year TED Talk sensation - over 3 million views! The counterintuitive approach to achieving your true potential, heralded by the Harvard Business Review as a groundbreaking idea of the year. The path to personal and professional fulfillment is rarely straight. Ask anyone who has achieved his or her biggest goals or whose relationships thrive and you'll hear stories of many unexpected detours along the way. What separates those who master these challenges and those who get derailed? The answer is agility—emotional agility. Emotional agility is a revolutionary, science-based approach that allows us to navigate life's twists and turns with self-acceptance, clear-sightedness, and an open mind. Renowned psychologist Susan David developed this concept after studying emotions, happiness, and achievement for more than twenty years. She found that no matter how intelligent or creative people are, or what type of personality they have, it is how they navigate their inner world—their thoughts, feelings, and self-talk—that ultimately determines how successful they will become. The way we respond to these internal experiences drives our actions, careers, relationships, happiness, health—everything that matters in our lives. As humans, we are all prone to common hooks—things like self-doubt, shame, sadness, fear, or anger—that can too easily steer us in the wrong direction. Emotionally agile people are not immune to stresses and setbacks. The key difference is that they know how to adapt, aligning their actions with their values and making small but powerful changes that lead to a lifetime of growth. Emotional agility is not about ignoring difficult emotions and thoughts; it's about holding them loosely, facing them courageously and compassionately, and then moving past them to bring the best of yourself forward. Drawing on her deep research, decades of international consulting, and her own experience overcoming adversity after losing her father at a young age, David shows how anyone can thrive in an uncertain world by becoming more emotionally agile. To guide us, she shares four key concepts that allow us to acknowledge uncomfortable experiences while simultaneously detaching from them, thereby allowing us to embrace our core values and adjust our actions so they can move us where we truly want to go. Written with authority, wit, and empathy, Emotional Agility serves as a road map for real behavioral change—a new way of acting that will help you reach your full potential, whoever you are and whatever you face.

Raising An Emotionally Intelligent Child Frank Albert 2023-08-09 In the enchanting pages of Raising An Emotionally Intelligent Child: What It Actually Takes, a transformative journey unfolds—a journey that transcends traditional parenting and delves into the profound realm of emotional intelligence. This captivating guide navigates the intricate art of nurturing emotionally intelligent children, unveiling the depths of insight and wisdom required to guide young hearts and minds towards a future of resilience, empathy, and connection. Amidst the myriad challenges of modern parenting, this book emerges as a beacon of hope and guidance, offering a rich tapestry of strategies and stories that echo the essence of emotional growth. From understanding the core components of emotional intelligence to creating a harmonious family ecosystem, every chapter weaves a unique narrative that resonates with authenticity. As parents and caregivers, we embark on a transformative voyage that encompasses the power of empathy, the magic of play, and the lifelong commitment to emotional learning. This book is not just a guide—it's an invitation to a paradigm shift in parenting. It beckons us to embrace the profound connection between our children's emotional intelligence and their future success and happiness. As you flip through the pages, you'll discover that raising emotionally intelligent children is not just about tactics, but a soulful commitment to crafting a future where empathy, resilience, and emotional well-being reign supreme.

The Go-To Mom's Parents' Guide to Emotion Coaching Young Children Kimberley Blaine 2010-07-15 From the producer of the popular on line

The Go-To Mom.TV, comes a handy guide filled with practical tips that reject old-fashioned discipline and instead use empathy and emotion coaching, a more effective, open-hearted method of support and positive change. Blaine shows how to put in place life-changing solutions and access previously untapped resources. This book is written for parents who struggle to solve the day-to-day problems of raising kids. She offers emotion coaching solutions for dealing with tantrums, nightmares, hitting, bedtime, whining, bedwetting potty training, shyness, and anger.

Mindful Discipline Shauna Shapiro 2014-06-01 Raising happy, compassionate, and responsible children requires both love and limits. In *Mindful Discipline*, internationally recognized mindfulness expert Shauna Shapiro and pediatrician Chris White weave together ancient wisdom and modern science to provide new perspectives on parenting and discipline. Grounded in mindfulness and neuroscience, this pioneering book redefines discipline and outlines the five essential elements necessary for children to thrive: unconditional love, space for children to be themselves, mentorship, healthy boundaries, and mis-takes that create learning and growth opportunities. In this book, you will also discover parenting practices such as setting limits with love, working with difficult emotions, and forgiveness and compassion meditations that place discipline within a context of mindfulness. This relationship-centered approach will restore your confidence as a parent and support your children in developing emotional intelligence, self-discipline, and resilience—qualities they need for living an authentic and meaningful life.

Raising An Emotionally Intelligent Child John Gottman 2011-09-20 Intelligence That Comes from the Heart Every parent knows the importance of equipping children with the intellectual skills they need to succeed in school and life. But children also need to master their emotions. Raising an Emotionally Intelligent Child is a guide to teaching children to understand and regulate their emotional world. And as acclaimed psychologist and researcher John Gottman shows, once they master this important life skill, emotionally intelligent children will enjoy increased self-confidence, greater physical health, better performance in school, and healthier social relationships. Raising an Emotionally Intelligent Child will equip parents with a five-step "emotion coaching" process that teaches how to: * Be aware of a child's emotions * Recognize emotional expression as an opportunity for intimacy and teaching * Listen empathetically and validate a child's feelings * Label emotions in words a child can understand * Help a child come up with an appropriate way to solve a problem or deal with an upsetting issue or situation Written for parents of children of all ages, Raising an Emotionally Intelligent Child will enrich the bonds between parent and child and contribute immeasurably to the development of a generation of emotionally healthy adults.

And Baby Makes Three John Gottman, PhD 2007-01-09 Having a baby is a joyous experience, but even the best relationships are strained during the transition from duo to trio. Lack of sleep, never-ending housework, and new fiscal concerns often lead to conflict, disappointment, and hurt feelings. In *And Baby Makes Three Love Lab™* experts John Gottman and Julie Schwartz Gottman teach couples the skills from their successful workshops, so partners can avoid the pitfalls of parenthood by: • maintaining intimacy and romance • replacing a culture of criticism and irritability with one of appreciation • preventing post-partum depression • creating a home environment that nurtures physical, emotional, and mental health, as well as cognitive and behavioral development for your baby Complete with exercises that separate the "master" from the "disaster" couples, *And Baby Makes Three* helps new parents positively manage the strain that comes along with their bundle of joy.

The Heart of Parenting John Mordechai Gottman 1997 John Gottman has written a practical guide for parents on how to raise a child who can understand and control his or her emotions. *THE HEART OF PARENTING* explains a child's different emotional needs at different ages and shows parents how to help their children calm themselves down, how to focus their attention, how to give their children better emotional support through difficult times such as divorce, and offers simple tools and techniques for parents to evaluate and improve on their own emotional parenting styles. Specific and positive advice is interspersed with case studies and anecdotes throughout. John Gottman is a professor of psychology at the University

of Washington, and holder since 1979 of the National Institute of Mental Health Research Scientist Award. He is author of WHY MARRIAGES SUCCEED OR FAIL. Joan DeClaire is a journalist who has written about parenting, health and family issues for 15 years.

Raising Emotionally Intelligent Teenagers Maurice J. Elias 2002-02 The world before September 11, 2001, was challenging enough for parents of teenagers. Now it is more so. Our families, schools, and workplaces need Emotionally Intelligent Teenagers who will not only be knowledgeable, responsible, nonviolent, and caring youths, but who also will grow up to be compassionate, committed, and courageous adults. How can parents accomplish this? Not only do raging hormones make everything more intense for teenagers, but they have their own special issues concerning identity, self-confidence, peer pressure, and responsibility, including individuating from their parents. Raising Emotionally Intelligent Teenagers shows parents how to use a balance of love, laughter, and limits to reach their goals. Drs. Elias, Tobias, and Friedlander, all respected experts in child behavior and parents of teenagers, have written a clear, informative book of sound advice that applies the insights of Daniel Goleman's best-seller, Emotional Intelligence, to unlock teenagers' untapped desire to belong to families and schools that make a difference and to contribute positively to them. Raising Emotionally Intelligent Teenagers is filled with real-life scenarios, practical strategies, and the answers to the questions parents ask most frequently, all drawn from the authors' professional and personal experiences and given with warmth and humor. Guiding the way to compassionate, committed, courageous adults is a serious challenge, but its effective pursuit is a labor of love, a journey of joy, and a path filled with pride.

Peaceful Parent, Happy Siblings Laura Markham 2015-05-05 Popular parenting expert Dr. Laura Markham, author of PEACEFUL PARENTS, HAPPY SIBLINGS, has garnered a large and loyal readership around the world, thanks to her simple, insightful approach that values the emotional bond between parent and child. As any parent of more than one child knows, though, it's challenging for even the most engaged parent to maintain harmony and a strong connection when competition, tempers, and irritation run high. In this highly anticipated guide, Dr. Markham presents simple yet powerful ways to cut through the squabbling and foster a loving, supportive bond between siblings, while giving each child the vital connection that he or she needs. PEACEFUL PARENT, HAPPY SIBLINGS includes hands-on, research-based advice on: • Creating deep connections with each one of your children, so that each truly believes that you couldn't possibly love anyone else more. • Fostering a loving family culture that encourages laughter and minimizes fighting • Teaching your children healthy emotional self-management and conflict resolution skills—so that they can work things out with each other, get their own needs met and respect the needs of others • Helping your kids forge a close lifelong sibling bond—as well as the relationship skills they will need for a life of healthy friendships, work relationships, and eventually their own family bonds.

The Everything Parent's Guide to Emotional Intelligence in Children Korrel Kanoy 2013-03-18 Put your child on the path to success! A child's emotional intelligence has been shown to be one of the strongest factors in whether or not that child will be successful later in life. A child with high emotional intelligence (EQ) has good self-control, resilience, and empathy--all factors that help build a foundation for a more grounded, satisfying, and successful life. With The Everything Parent's Guide to Emotional Intelligence in Children, you will learn how to help your child: Improve academic achievement and behavior. Achieve mindfulness. Understand emotions. Empathize with others. Improve self-confidence. Build inner resilience. This hands-on guide shows you exactly how to promote core EQ skills in your child and provides you with all you need to help your children achieve their greatest potential.

The Caring Child Christine Fonseca 2021-09-03 We live in a self-centered world, despite the call from employers and thought leaders for more cooperation and compassion. Empathy, or the ability to understand other people's thoughts and emotions from their point of view, is a vital component of cooperation and necessary in our increasingly diverse world. The Caring Child: Raising Empathetic and Emotionally Intelligent

Children pulls together the latest research from positive psychology to provide parents specific tools to help their children develop healthy empathy and emotional intelligence. Presented in an easy-to-read, conversational style, the book uses a combination of evidence-based strategies, real-world examples, and role-playing scenarios to provide parents with the tools needed to develop these important skills. With specific strategies to address diverse populations and LGBTQ youth, *The Caring Child* is the must-read resource for anyone dedicated to cultivating a more compassionate world.

Emotional Intelligence for Kids Scott Harper 2021-05-26 Do you want to raise a happy, healthy, and successful child? Do you want to help them develop self-control and self-awareness? Do you want your child's relationship skills to be sharp and intuitive? If so, this is the right book for you! Did you know that emotional intelligence is more relevant to success, health, and happiness than intellectual skills? Did you know that, regardless of how much money you have or invest in your child, your teachings about how to cope with feelings affect their life the most? Research has shown that children who have better developed emotional intelligence have happier and healthier relationships, do better at school and college, and have more successful careers. Did you know that a child who is well-taught to identify, understand, and control their feelings will be healthier compared to a child who gives in to feelings? There are precise strategies that parents should use to help children understand and cope with difficult feelings and this book can guide you. Understanding of what emotional intelligence is and how children develop it. Understanding how your child matures emotionally and what you can do to support emotional growth. Common parental mistakes that harm children's emotional development. Methods and steps to apply emotional coaching for anger and anxiety. Strategies and coaching tools to teach your child to be happy while overcoming obstacles. Emotional intelligence tips to cope with teasing and bullying. And so much more! This practical guide will help you fully understand what emotions are, what they're for, how they affect actions, and of course, why children act the way they do. By the time you have finished reading this book, you'll know exactly how to respond the next time your child throws a tantrum! You'll know what to do, how to act, and what to say to coach your child and save yourself some stress! That way, your child will be less prone to inappropriate reactions, and at the same time, they'll be better equipped to tackle life's challenges!

Parenting with Presence Susan Stiffelman, MFT 2015-04-20 Our children can be our greatest teachers. Parenting expert Susan Stiffelman writes that the very behaviors that push our buttons — refusing to cooperate or ignoring our requests — can help us build awareness and shed old patterns, allowing us to raise our children with greater ease and enjoyment. Filled with practical advice, powerful exercises, and fascinating stories from her clinical work, *Parenting with Presence* teaches us how to become the parents we most want to be while raising confident, caring children. “Shows parents how they can transform parenting into a spiritual practice.” — Eckhart Tolle, author of *The Power of Now* “Clear, wise, soulful, and poetic.” — Alanis Morissette

Raising a Secure Child Kent Hoffman 2017-02-03 Today's parents are constantly pressured to be perfect. But in striving to do everything right, we risk missing what children really need for lifelong emotional security. Now the simple, powerful "Circle of Security" parenting strategies that Kent Hoffman, Glen Cooper, and Bert Powell have taught thousands of families are available in self-help form for the first time. You will learn: How to balance nurturing and protectiveness with promoting your child's independence. What emotional needs a toddler or older child may be expressing through difficult behavior. How your own upbringing affects your parenting style--and what you can do about it. Filled with vivid stories and unique practical tools, this book puts the keys to healthy attachment within everyone's reach--self-understanding, flexibility, and the willingness to make and learn from mistakes. Self-assessment checklists can be downloaded and printed for ease of use.

Red Rising Pierce Brown 2014-01-28 NEW YORK TIMES BESTSELLER • Pierce Brown's relentlessly entertaining debut channels the excitement of *The Hunger Games* by Suzanne Collins and *Ender's Game* by Orson Scott Card. “Red Rising ascends above a crowded dystopian field.”—USA Today

ONE OF THE BEST BOOKS OF THE YEAR—Entertainment Weekly, BuzzFeed, Shelf Awareness “I live for the dream that my children will be born free,” she says. “That they will be what they like. That they will own the land their father gave them.” “I live for you,” I say sadly. Eo kisses my cheek. “Then you must live for more.” Darrow is a Red, a member of the lowest caste in the color-coded society of the future. Like his fellow Reds, he works all day, believing that he and his people are making the surface of Mars livable for future generations. Yet he toils willingly, trusting that his blood and sweat will one day result in a better world for his children. But Darrow and his kind have been betrayed. Soon he discovers that humanity reached the surface generations ago. Vast cities and lush wilds spread across the planet. Darrow—and Reds like him—are nothing more than slaves to a decadent ruling class. Inspired by a longing for justice, and driven by the memory of lost love, Darrow sacrifices everything to infiltrate the legendary Institute, a proving ground for the dominant Gold caste, where the next generation of humanity’s overlords struggle for power. He will be forced to compete for his life and the very future of civilization against the best and most brutal of Society’s ruling class. There, he will stop at nothing to bring down his enemies . . . even if it means he has to become one of them to do so. Praise for Red Rising “[A] spectacular adventure . . . one heart-pounding ride . . . Pierce Brown’s dizzyingly good debut novel evokes The Hunger Games, Lord of the Flies, and Ender’s Game. . . . [Red Rising] has everything it needs to become meteoric.”—Entertainment Weekly “Ender, Katniss, and now Darrow.”—Scott Sigler “Red Rising is a sophisticated vision. . . . Brown will find a devoted audience.”—Richmond Times-Dispatch Don’t miss any of Pierce Brown’s Red Rising Saga: RED RISING • GOLDEN SON • MORNING STAR • IRON GOLD • DARK AGE • LIGHT BRINGER

Raising a Thinking Child Myrna Shure 1996-03 A handbook designed to help parents teach their children how to think, problem-solve, and resolve conflicts with others in their everyday lives.

What Am I Feeling? John Gottman 2004 Adapted from Dr. John Gottman's Raising an Emotionally Intelligent Child, this book helps adults identify their parenting and care giving style. It explains the five important steps in "emotion coaching" children to ensure that children are guided to healthy emotional growth. Gottman argues that kids who can accept and share their emotions form stronger friendships, achieve more in school, recover from emotional crises more quickly, and are physically healthier. Beautiful illustrations of parents and children help convey the vital message of this guide.

The Confident Child T. E. Apter 2006 Shows parents how to help their children acquire self-esteem, problem-solving ability, social skills, and emotional control, and how to detect dangers to self-esteem during adolescence.

Peaceful Parent, Happy Kids Laura Markham 2012-11-27 A groundbreaking guide to raising responsible, capable, happy kids Based on the latest research on brain development and extensive clinical experience with parents, Dr. Laura Markham’s approach is as simple as it is effective. Her message: Fostering emotional connection with your child creates real and lasting change. When you have that vital connection, you don’t need to threaten, nag, plead, bribe—or even punish. This remarkable guide will help parents better understand their own emotions—and get them in check—so they can parent with healthy limits, empathy, and clear communication to raise a self-disciplined child. Step-by-step examples give solutions and kid-tested phrasing for parents of toddlers right through the elementary years. If you’re tired of power struggles, tantrums, and searching for the right “consequence,” look no further. You’re about to discover the practical tools you need to transform your parenting in a positive, proven way.

Raising Unselfish Children in a Self-Absorbed World Jill Rigby 2008-04 Challenging popular beliefs about self-esteem parenting, a guide for parents recommends an alternative approach that encourages respect for the self and others, in a reference that explains how to foster such values in children as thankfulness and unselfishness. Original. 50,000 first printing.

How to Raise Your Child's Emotional Intelligence Allen Nagy 1999 Children who are emotionally intelligent (have a high EQ) possess specific skills that allow them to manage their social and emotional lives in a healthy way. They experience more harmonious relationships because they are loving, responsible and happy. They grow to be thriving, self-disciplined and productive adults with a strong sense of integrity. They are successful in every personal sense of the word.

The Relationship Cure John Gottman, PhD 2017-02-22 From the country's foremost relationship expert and New York Times bestselling author Dr. John M. Gottman comes a powerful, simple five-step program, based on twenty years of innovative research, for greatly improving all of the relationships in your life—with spouses and lovers, children, siblings, and even your colleagues at work. Gottman provides the tools you need to make your relationships thrive. In *The Relationship Cure*, Dr. Gottman: - Reveals the key elements of healthy relationships, emphasizing the importance of what he calls “emotional connection” - Introduces the powerful new concept of the emotional “bid,” the fundamental unit of emotional connection - Provides remarkably empowering tools for improving the way you bid for emotional connection and how you respond to others' bids - And more! Packed with fascinating questionnaires and exercises developed in his therapy, *The Relationship Cure* offers a simple but profound program that will fundamentally transform the quality of all of the relationships in your life.

How to Raise a Wild Child Scott D. Sampson 2015 The beloved host of PBS Kids' *Dinosaur Train* presents an activity-complemented guide for caregivers and teachers on how to alleviate common childhood challenges by forging strong connections between children and nature. 25,000 first printing.

Emotional Intelligence for Kids Mark T. Coleman 2019-08-28 BUY THE PAPERBACK VERSION OF THIS BOOK ON AMAZON.COM AND GET THE KINDLE BOOK VERSION FOR FREE Have your children ever completely lost it in the middle of the grocery store? Not just being fussy, but a full-blown tantrum with snot and tears running down their faces as they screech about how awful of a parent you are? Maybe you told them that they could not have a piece of candy or a new toy and they went into complete meltdown mode. Did you struggle to calm your child down during this tantrum? Perhaps everything you said and did only exacerbated the situation, and ultimately led to both of you losing your temper. What if someone told you that there is a five-step process to mitigating your children's tantrums and teaching them to be more able to control their own emotions? Emotion coaching is a type of relationship that endeavors to do just that. An emotion coaching parent guides the child through the throes of emotions, helping the child navigate through all of the overwhelming feelings, and emerging better able to cope with the adversities life throws at him or her in a more mature and resilient manner. Children who have been parented in this manner are typically far more successful than their peers at navigating through tough situations and creating meaningful, healthy relationships and friendships. Through the five steps of emotion coaching, you will be there with your child through the failures and successes, teaching your child to navigate through emotions and develop critical skills that will allow your child to develop a higher EQ (emotional intelligence quotient). Each of these steps builds upon each other to help you solve conflicts and mitigate tantrums or other unacceptable behaviors by teaching your child to be emotionally conscientious. These steps will create an emotionally intelligent young child who is better equipped to tackle the world head-on and deal with anything life throws at him or her. Within the pages of this book, you will be guided on how to parent in an emotion coaching manner with the end goal being to develop overall emotional intelligence. You will learn all the different ways emotional intelligence is relevant to both yourself and your child, especially in stressful situations such as divorce. You will find: Essential facts about emotional intelligence The elements of emotion coaching, as well as commonly made mistakes The five steps to emotion coaching, and several tips for how to raise an emotionally intelligent child A list of recommended books for children of all ages to aid in emotional intelligence development An assessment for how effective you are at emotion coaching How emotional intelligence of the father is

important to the emotional intelligence of his children Examples of both children and teens with lower and higher EQs and how emotion coaching can help them And more! Would You Like to Know More? Scroll to the top of the page and select the buy now button

Big Life Journal for Kids Alexandra Eidens 2019-07 An illustrated and guided journal for children.

Raising an Emotionally Healthy Child When a Parent is Sick (A Harvard Medical School Book) Paula K. Rauch 2005-12-12 For families with a seriously ill parent--advice on helping your children cope from two leading Harvard psychiatrists Based on a Massachusetts General Hospital program, Raising an Emotionally Healthy Child When a Parent is Sick covers how you can address children's concerns when a parent is seriously ill, how to determine how children with different temperaments are really feeling and how to draw them out, ways to ensure the child's financial and emotional security and reassure the child that he or she will be taken care of.

Emotionally Intelligent Parenting Maurice J. Elias Ph.D. 2011-05-18 Have you, as a parent, ever found yourself treating your children in a way you would never tolerate from someone else? The authors of Emotionally Intelligent Parenting call for a new Golden Rule: Do unto your children as you would have other people do unto your children. And most important, they show us how to live by it. Based upon extensive research, firsthand experience, and case studies, Emotionally Intelligent Parenting breaks the mold of traditional parenting books by taking into account the strong role of emotions -- those of parents and children -- in psychological development. With this book, parents will learn how to communicate with children on a deeper, more gratifying level and how to help them successfully navigate the intricacies of relating to others. The authors take the five basic principles of Daniel Goleman's best-seller, Emotional Intelligence, and explain how they can be applied to successful parenting. To this end, the book offers suggestions, stories, dialogues, activities, and a special section of Sound EQ Parenting Bites to help parents use their emotions in the most constructive ways, focusing on such everyday issues as sibling rivalry, fights with friends, school situations, homework, and peer pressure. In the authors' extensive experience, children respond quickly to these strategies, their self-confidence is strengthened, their curiosity is piqued, and they learn to assert their independence while developing their ability to make responsible choices.

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