



Children Need Their Parents at Every Age of Development

Some parents feel that the best way to help their child become a confident, well-adjusted adult is to provide for basic needs—such as food, clothes, and transportation—but to back off when it comes to the child’s social and emotional needs figuring that the child will do better if they learn to manage these challenges on their own.

Emotion Coaching research shows that the opposite is true.

The way to create self-confident, emotionally-adjusted kids is to connect emotionally, and often. Children at every age need love, affection, comfort, and guidance.

They need safety and protection, which, in the early years, may mean that we need to block them from blindly running across the street. But, later, they may need techniques for handling a bully at school, or knowing how to say no to friends, or what to do when they feel anxiety. They need understanding when they make mistakes and sympathy when they come home hurting.

Parents need to:

Understand the importance of Emotional Intelligence. • Learn how to recognize, respond to, and validate what your child is feeling. • Learn how to be an effective Emotion Coach by using the Five Steps of Emotion Coaching with children of any age. • Discover ways to express understanding and empathy. • Learn how to set limits and problem solve with your children

In infancy, emotional connection creates the foundation of attachment. In the preschool years, Emotion Coaching is used as a tool for helping children learn about emotions and begin to manage their behavior. Parents with children in this phase often see challenges with following directions, sharing, and communicating needs.

As school activities become the child's focus in middle childhood, homework, afterschool activities, and friends take center stage. Some parents think children of this age have already learned to regulate emotions. However, adolescence presents an even more challenging parenting environment in which children push away and assert their independence. Yet, research is clear that children between the ages of five and fifteen still desperately need their parent's help in learning to manage and regulate their emotions. These are turbulent times for most kids.

As you teach your children about emotions, try to make conscious decisions about what type of parent you want to be. In every parent-child interaction, you have a choice. Will you be authoritative or more laid back? Will you acknowledge the emotions your child is feeling or will you ignore them? Obviously, the answer you choose will depend on the situation, but researchers have found that you will also make choices that incorporate how you were parented. We bring our past experiences to our present parenting.

They need tolerance when their hormones make them crazy, and our limit setting when they make poor decisions.

Finally, during the launching years, they need to learn how to make good choices, to lead fulfilling and meaningful lives, and to do their own laundry. It is our job as parents to equip them with all the right tools.

Emotion Coaching can do that. As children grow and develop it is important for parents to find new ways of connecting with their children. What worked at age four may not work at age eight, and what worked at age eight may not work at twelve.



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Some parents worry that teaching children about their emotions will make them less strong or independent. Research shows the opposite is true.

As humans, we are wired for emotional communication. Every person feels emotions and needs to express them. If you know what to look for in your child during these parenting moments, you can provide support and turn these opportunities into valuable learning experiences. We know you have dreams for your kids, things you want them to accomplish, values you want them to have, and experiences you want them to seek out and appreciate. The ability to have all of these begins with Emotion Coaching, which creates a foundation for emotional expression.

How Do You Predict How Your Children Are Going to Turn Out?

EQ vs IQ

It's actually an old idea, but applying it to parenting is what's new. Many parents think that the key to helping a child have future success is to focus on their intellect. However, many studies, including our own, have shown that Emotional Intelligence Quotient (EQ) is a much better predictor of how children will turn out than Intelligence Quotient (IQ) or achievement test scores. When parents help children develop their Emotional intelligence, kids succeed.

OUR JOBS AS PARENTS

One of our most important jobs as parents is to give our kids the skills they need to be emotionally intelligent. These abilities are not inherited; they are learned.



How Does Emotional Intelligence Help Children?

Most parents who focus on Emotion Coaching are doing so to create satisfied, happy children.

Over the years, parents have told us they hope their children will:

1. Think for themselves.
2. Be compassionate.
3. Have morals.
4. Have a value system similar to their own.
5. Treat others well.
6. Have good relationships with others.
7. Find kind and caring partners, not mates who mistreat or abuse them
8. Make the most of their talents and explore their abilities.
9. Be proud of themselves, but not boastful.
10. Find purpose and meaning for their lives, and have interests and passions.
11. Live for something beyond themselves.

You cannot accomplish all of these goals with only good discipline. You need to Emotion Coach.



Characteristics of Emotion Dismissing Parents:

1. They don't notice lower intensity emotions in themselves or their kids.
2. They see negative emotions as toxic and want to protect their children from them.
3. They want kids to be able to change emotions quickly.
4. They may punish a child or put them in a time out just for being angry, even if there is no misbehavior.
5. They prefer cheerful children and want their kids to focus on the positive. They distract or try to cheer up their kids when they have negative emotions.
6. They see introspection as a waste of time, or even dangerous.
7. They don't have a detailed vocabulary for emotions.
8. They want reason to control emotion, therefore are uncomfortable with strong emotions.



A Quick Overview: What is Emotion Coaching?

Emotion Coaching is a research-based parenting skill that is divided into five steps: 1. Be aware of your child's emotions.

2. Recognize emotions as an opportunity for connection or teaching.

3. Help your child verbally label the emotions.

4. Communicate empathy and understanding.

5. Set limits and problem solve.

Why does Emotion Coaching work?

Emotion Coaching creates a neurological change in the child's brain that allows the child to self-soothe and better focus his or her attention.

