

Emotionally Intelligent Parenting How To Raise A Self Disciplined Responsible Socially Skilled Child Maurice J Elias

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Emotional Intelligence and Parenting

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How to Strengthen Your Child's Emotional Intelligence

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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.Emotionally Intelligent Parenting: How to Raise a Self ...Three Key Ideas on Parenting with Emotional Intelligence 1.See Emotions as Data. As parents, we're faced with a lot of complex feelings -- ours and our children's. It's easy to be

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Emotional Intelligence and Parenting

Emotional self knowledge and self acceptance Sensitivity to the cues of others Empathy (which can be defined as the ability to see and feel something from the other's point of view) The ability to regulate one's own anxiety and anger in order to talk about emotionally charged issues in a constructive way.

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Emotional intelligence in parenting begins with the self What turns out to be really wonderful about our results is that, with emotional intelligence, one needs to begin with one's self. It is important to understand one's own feelings about emotions, and to learn that self-understanding comes from recognizing one's own feelings.

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