

RAISING AN EMOTIONALLY INTELLIGENT CHILD

Presented by:

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Cascade Centers, Inc.

Your Employee Assistance Provider

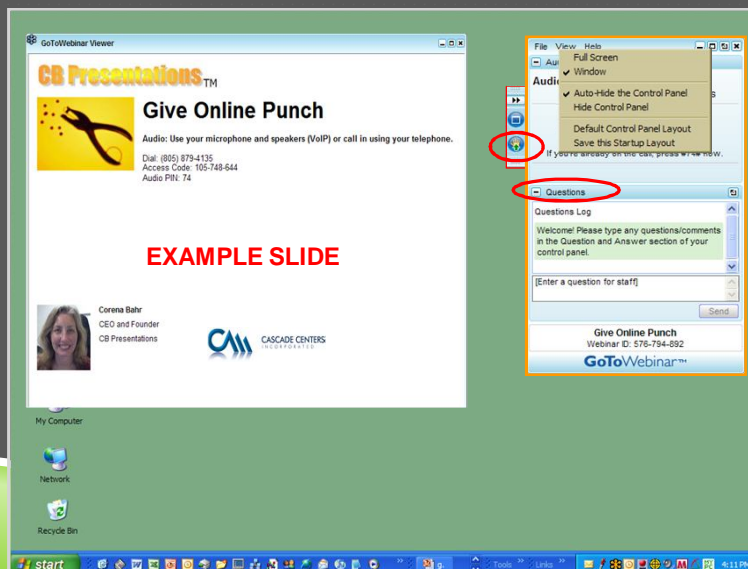


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HOUSEKEEPING

- ▶ PowerPoint slides from today's presentation are on our website: www.cascadecenters.com
- ▶ A recording of this webinar will be available on our YouTube page <https://www.youtube.com/user/cascadeeap>
- ▶ Following the webinar today, a survey will be emailed to you. Please take a moment to complete this and provide feedback.



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OBJECTIVES

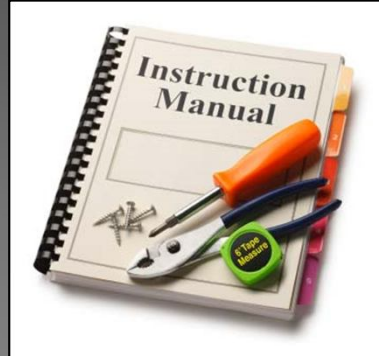
- ▶ Describe Emotional Intelligence
- ▶ What is your (emotional) parenting style?
- ▶ Steps to developing Emotional Intelligence
- ▶ Discuss scenarios



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DISCLAIMERS

- ▶ Children come with no directions
- ▶ Every child is unique
- ▶ There is no perfect parent
- ▶ There is no one size fits all



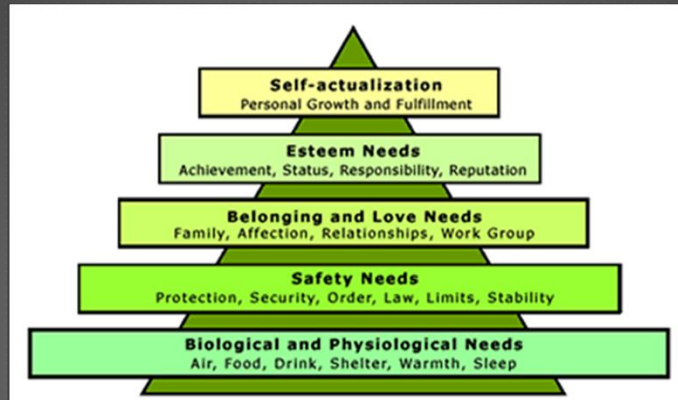
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WHAT KIND OF PARENT DID YOU IMAGINE YOU WOULD BE?



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IS IT IMPORTANT FOR KIDS TO BE EMOTIONALLY INTELLIGENT?



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EMOTIONAL INTELLIGENCE

- ▶ The ability to understand and manage your own feelings
- ▶ Capacity to empathize, meaning to be aware and respectful of the feeling of people around you



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TEACH EMOTIONAL INTELLIGENCE

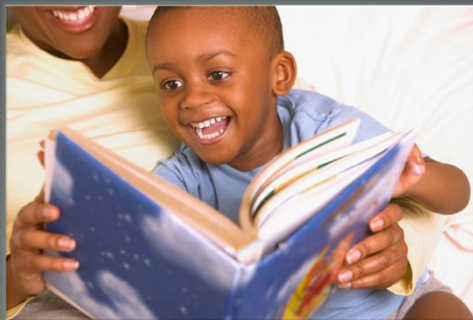
1. Try to be aware of your child's emotions.
2. Look at negative emotions as opportunities for intimacy and teaching
3. Listen with Empathy
4. Help your child find words to express emotions
5. Set limits while you teach problem solving



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WHAT IS YOUR PARENTING STYLE?

4 Scenarios



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SCENARIO #1

3 year old wants a cookie One hour before dinner. When told she can't have it, the child cries and says, "you never let me have cookies". What do you do?



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SCENARIO #2

6 year old comes home and says his best friend wouldn't play at recess with him and is sad. What do you do?



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SCENARIO #3

12 year old comes home and says she overheard some of the girls talking smack about one of their friends and her best friend. She is upset. What do you do?



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SCENARIO #4

16 year old comes home and states that all his friends are going to Tommy's for an all night party and can he go too. What do you say?



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PARENTAL STYLES

- ▶ Dismissing Parent
- ▶ Disapproving Parent
- ▶ Laissez-Faire Parent
- ▶ Emotional Coach



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DISMISSING PARENT

- ▶ Treats child's feelings as trivial
- ▶ Disengages and ignores feelings
- ▶ Does not want to deal with emotions at all
- ▶ Does not problem solve with child



Effect:

Child learns their feelings are wrong, inappropriate and invalid. May have difficulty regulating emotions.



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DISAPPROVING PARENT

- ▶ Judges and criticizes the child's emotional expression
- ▶ Aware of need to set limits on the child
- ▶ Emphasizes conformity
- ▶ Is concerned about the child's obedience to authority



Effect:

Child learns their feelings are wrong, inappropriate and invalid. May have difficulty regulating emotions.



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LAISSEZ-FAIR PARENT

- ▶ Freely accepts all emotional expression from the child
- ▶ Offers comfort to the child experiencing negative feelings
- ▶ Offers little guidance on behavior and/or emotions
- ▶ Does not help child solve problems



Effect:

They don't learn to regulate their emotions; they have trouble concentrating, forming relationships, and getting along with other children.



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EMOTION COACH

- ▶ Values negative emotions as an opportunity for intimacy
- ▶ Is sensitive to child's emotional states
- ▶ Respects the child's emotions
- ▶ Listens to child, empathizes, guides on regulating emotions, and teaches problem-solving skills



Effect:

They learn to trust their feelings, regulate their own emotions and solve problems. They have high self esteem and gets along well with others.



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EMPATHY

Doesn't Require

- ▶ Adopting other's emotions
- ▶ Agreement
- ▶ Buying-in
- ▶ Fixing the problem
- ▶ Sympathy

Does Require

- ▶ Self Awareness
- ▶ Putting judgment and opinions on the shelf
- ▶ Emotional Vocabulary
- ▶ Respectful focus
- ▶ Genuine interest
- ▶ "Caring" listening



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EMPATHY IS NOT

- ▶ Advising
- ▶ One-upping
- ▶ Educating
- ▶ Consoling
- ▶ Shutting down
- ▶ Story-telling
- ▶ Explaining
- ▶ Interrogating
- ▶ Correcting
- ▶ Assuming



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10 STEPS

1. Model emotional intelligence yourself
2. Be willing to say "no" to your kids
3. Be aware of your parental "hotspots"
4. Practice and hone your skills at being non-judgmental
5. Start coaching your kids



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10 STEPS CONTINUED

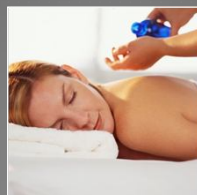
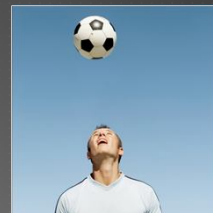
6. Get your kids involved in household duties at an early age
7. Always be willing to be part of the problem
8. Limit your kids access to mass media
9. Talk about feelings as a family
10. See your kids as wonderful



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STRESS MANAGEMENT

- ▶ Monitor your stress level
- ▶ BREATHE
- ▶ Exercise/Diet
- ▶ Walk Away
- ▶ Accept your feelings
- ▶ Do something nice for yourself



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QUESTIONS?



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