

Why is emotional intelligence important?

Emotional intelligence is important because:

- it allows you to have awareness and control over what you do
- it results in lower levels of stress, which are associated with better health
- enables more satisfying friendships and lasting intimate relationships
- you can soothe yourself, and are therefore able to calmly focus, concentrate, and think when faced with a challenging situation
- it makes you more resilient. This means change and stress are easier to deal with.



Useful books for tuning in to kids

The Heart of Parenting. How to Raise an Emotionally Intelligent Child. John Gottman, (1997), Bloomsbury, London.

Emotionally Intelligent Parenting. Maurice J. Elias, Steven E. Tobias and Brian S. Friedlander (1999), Doubleday, New York.

How To Talk So Kids Will Listen & Listen So Kids will Talk. Adele Faber and Elaine Mazlish (1980, 2000), Avon Books, New York.

Siblings Without Rivalry. Adele Faber and Elaine Mazlish (1987, 1998), Avon Books, New York.

How to Talk So Kids will Learn, in Home and at School. Adele Faber and Elaine Mazlish (1996), New York Fireside, New York.

Loving Your Child is Not Enough, Positive Discipline that Works. Nancy Samalin (1988), Penguin, New York.

Love and Anger — the Parental Dilemma. Nancy Samalin (1992), Penguin Books, New York.

Loving Each One Best: A Caring and Practical Approach to Raising Siblings. Nancy Samalin with C. Whitney (1996), Bantam Books, New York.

The Optimistic Child. Martin Seligman (1995), Random House, Australia.

What Am I Feeling? John Gottman and Talaris Research Institute (2004). See www.talaris.org.

Smiling At Yourself — Educating Young Children About Stress and Self Esteem. A Mendler (1990), Network Publications, California.

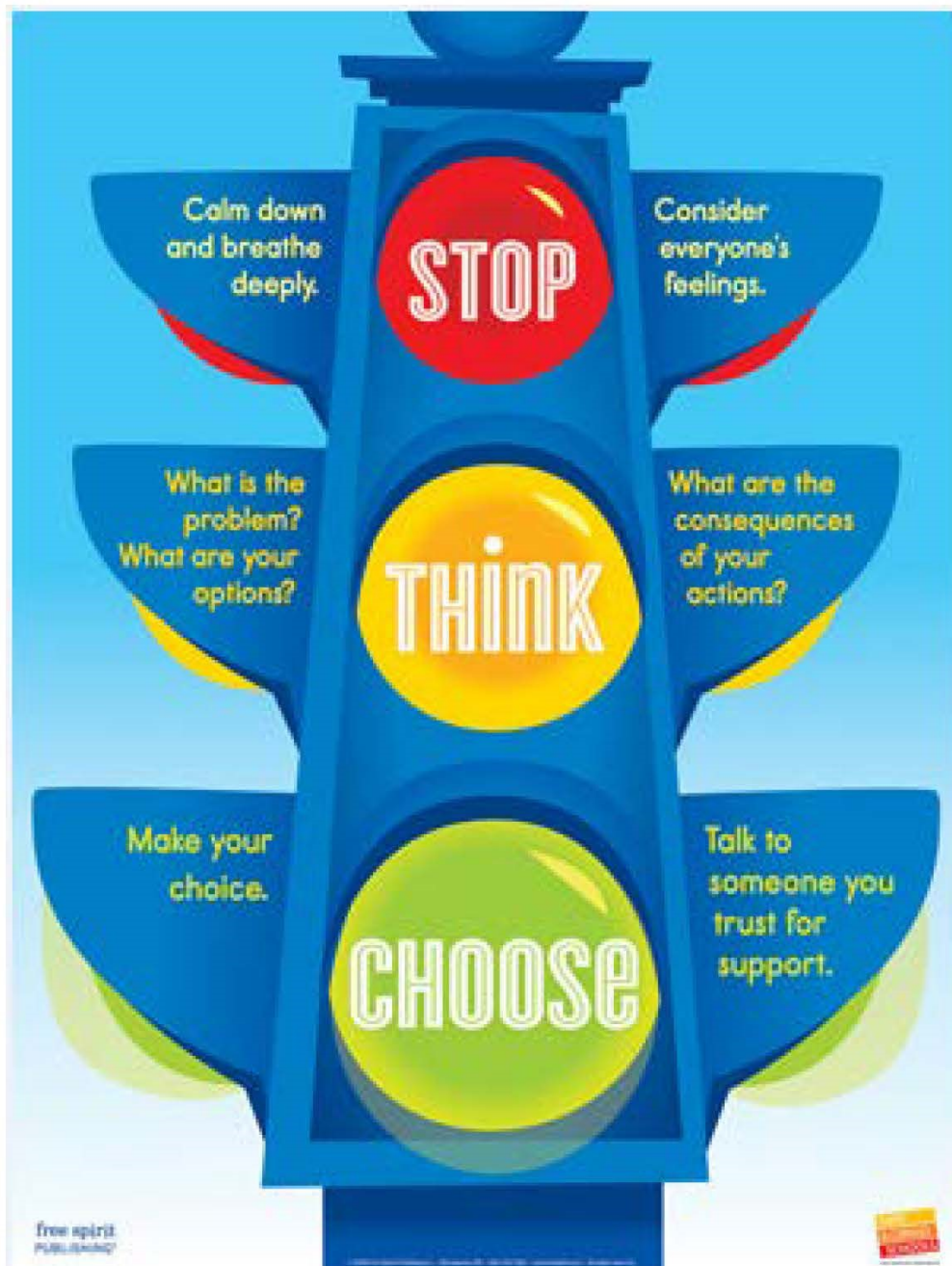
What Every Parent Needs to Know. Margot Sunderland (2008), Dorling Kindersley, London. (The hardback edition of this book is called *The Science of Parenting*)

Building Emotional Intelligence. Linda Lantieri (2008), Sounds True Inc. New York. (This book comes with a CD of relaxation and meditation for children)

You are My World. Amy Hatkoff (2007), Stewart, Tabori and Chang, New York.

Sometimes I feel ... How to help your child manage difficult feelings. Samantha Seymour (2009), Finch Publishing, Sydney.





CALM DOWN WITH TAKE 5 BREATHING

1. Stretch your hand out like a star.
2. Get your pointer finger ready to trace your fingers up and down.
3. Slide up each finger slowly ~ slide down the other side.
4. Breathe in through your nose ~ out through your mouth.
5. Put it together and breathe in as you slide up and breathe out as you slide down.
Keep going until you have finished tracing your hand.



List of feeling words

HAPPY

Affectionate
Beautiful
Blissful
Calm
Capable
Cheerful
Contented
Delighted
Ecstatic
Enchanted
Energetic
Excited
Free
Glad
Good
Happy
Helpful
High
Impressed
Infatuated
Inspired
Joyous
Loving
Nice
Peaceful
Pleased
Refreshed
Relaxed
Relieved
Rewarded
Satisfied
Settled
Sure
Vital
Vivacious
Wonderful
Zany

SAD

Abandoned
Agony
Apathetic
Bereaved
Betrayed
Defeated
Despair
Discontented
Disappointed
Distraught
Empty
Envious
Exhausted
Homesick
Horrible
Hurt
Ignored
Lonely
Longing
Low
Maudlin
Melancholy
Miserable
Pained
Pitiful
Rejected
Remorseful
Sad
Solemn
Sorrowful
Stuffed
Suffering
Tentative
Terrible
Tired
Weepy

ANGRY

Adamant
Angry
Annoyed
Astounded
Bitter
Cross
Cruel
Destructive
Determined
Disturbed
Exasperated
Frustrated
Furious
Grumpy
Hateful
Imposed upon
Infuriated
Irate
Irritated
Jealous
Mad
Naughty
Obnoxious
Obsessed
Outraged
Quarrelsome
Raging
Restless
Thwarted
Trapped
Violent

AFRAID

Anxious
Awed
Challenged
Confused
Crushed
Different
Dubious
Estranged
Fearful
Flustered
Frantic
Frightened
Guilty
Helpless
Hysterical
Intimidated
Isolated
Jumpy
Left out
Lonely
Nervous
Overwhelmed
Panicky
Persecuted
Petrified
Pressured
Scared
Shocked
Startled
Stunned
Tense
Terrified
Threatened
Troubled
Uneasy
Unsettled



Four styles of parenting

Dismissive

Mother: Molly, it's time to go to Daisy's place. We need to collect our things and get in the car. Okay? I have to go to an important meeting.

Molly: (silence)

Mother: Molly. Did you hear me? (goes into Molly's room)

Molly: I don't want to go to Daisy's.

Mother: Don't be silly, Molly, you love going to Daisy's house. You always have a great time. Come on. Get your coat. We need to go now.

Molly: No. I'm not going.

Mother: Look Molly. If you don't come now I will be late for my meeting.

Molly: I hate Daisy. (stamps her foot)

Mother: Come on Molly. That isn't nice. We don't use that kind of language. You will love it at Daisy's once we get there. Here, look, I'm going to put in some chocolate biscuits for you to take. Come on let's have a big cuddle and get going. It's all going to be okay.

Molly: (is very quiet, and drags her feet, but her mother picks her up and they go to the car)

She whispers: I still don't want to go.

Mother: Look Molly you have to go. You'll love it once you're there.



Disapproving

Mother: Molly, it's time to go to Daisy's place. We need to collect our things and get in the car. OK? I have to go to an important meeting.

Molly: (silence)

Mother: Molly. Did you hear me? (goes into Molly's room)

Molly: I don't want to go to Daisy's.

Mother: Don't be silly, Molly, you love going to Daisy's house. Come on. Get your coat. We need to go now.

Molly: No. I'm not going.

Mother: You know Molly, sometimes I just don't understand you. You always love playing at your friends houses. What is wrong with you?

Molly: (silence)

Mother: Molly. Just get your bag and come on. I will be late for my meeting.

Molly: (cries and stamps her feet)

Mother: Molly. You are driving me crazy. Do you want me to get really angry with you? I'm going to have to pick you up and just put you in the car. You are going whether you like it or not. This is just nonsense.

Molly: (keeps kicking and screaming as she is put in the car)

Mother: (now quite frustrated and angry) Don't be so silly Molly. If you don't stop crying you won't be able to have any friends over this weekend and I will have to tell your father about this. You are impossible!



Permissive

Mother: Molly, it's time to go to Daisy's place. We need to collect our things and get in the car. OK? I have to go to an important meeting.

Molly: (silence)

Mother: Molly. Did you hear me? (goes into Molly's room)

Molly: I don't want to go to Daisy's.

Mother: Oh Molly. Come on. It will only be for a short while.

Molly: No. I'm not going.

Mother: What's wrong? Are you feeling annoyed at being left when I go out to meetings? I am so sorry but this is a really important one.

Molly: I just don't want to go. Can I come to the meeting with you? Or maybe you can just stay home?

Mother: Ohh! You really are very upset about this aren't you? Let's have a hug. It will be a bit tricky, but I think I can change things so that I can stay home with you. I can probably just go to next week's meeting. We can't have you all sad about going to play at a friend's house can we?

Molly: (silence)

Mother: Okay. Let's just forget about Daisy. I'm sure we can find something else that is fun.

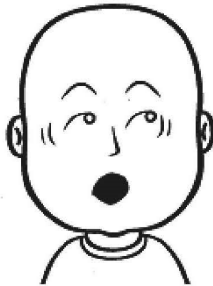


Emotion Coaching

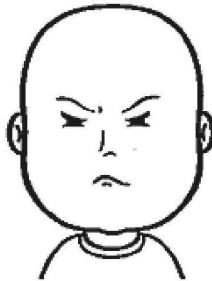
- Mother: Molly, it's time to go to Daisy's place. We need to collect our things and get in the car. OK? I have to go to an important meeting.
- Molly: (silence)
- Mother: Molly. Did you hear me? (goes into Molly's room)
- Molly: I don't want to go to Daisy's.
- Mother: Mmm. You don't want to go to Daisy's today? (silence for a moment) You usually love going to Daisy's. And today is the day that you usually go.
- Molly: I don't want to play with Daisy. I don't like her.
- Mother: You don't want to play with Daisy? Wow! I can see from your face that you are feeling pretty determined and perhaps a little sad.
- Molly: (some tears are beginning to form)
- Mother: Perhaps we can have a hug and you can tell me what's going on for you.
- Molly: (after a few moments) Daisy doesn't share. When I went over last time she wouldn't let me play with any of her toys. She kept grabbing them off me and then she played with them in front of me. I didn't know what to do. She said that her toys told her that they don't like me.
- Mother: Wow! That must have been pretty hard for you when she didn't let you play with anything. I imagine that you felt left out and pretty lonely and certainly very disappointed because I know you have always looked forward to playing with her.
- Molly: Yes, and now you want me to go over there and its going to be just the same.
- Mother: Mmm! I'm wondering what we can do to make this afternoon better than last time. I know that Daisy usually likes to have you over. Maybe she is just learning how to share and it is a bit difficult. Do you have any ideas?
- Molly: Could I take teddy with me? If she doesn't want to share I could play with him.
- Mother: That's a great idea! Can you think of anything else you could take?
- Molly: (silence)
- Mother: Well, maybe you could also take something that you would be happy to share with her, like your new book of puzzles.
- Molly: Okay. I'm going to go and get them now.
- Mother: Great. Let's see if we can get moving fast. You know, I've noticed you are very good at working things out.
- Molly: You are too, Mummy. (giggles)



Feeling faces



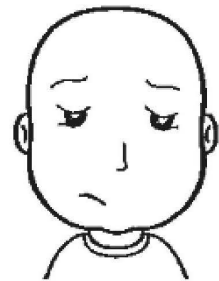
Scared



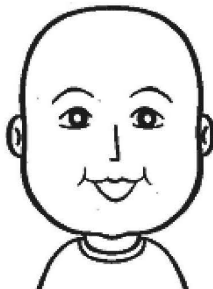
Jealous



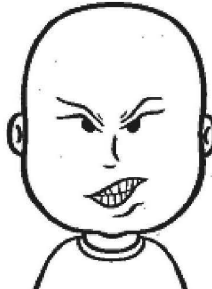
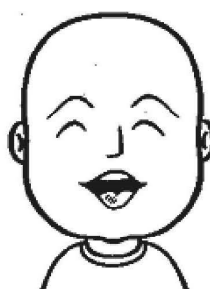
Sad



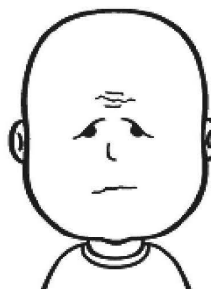
Shy



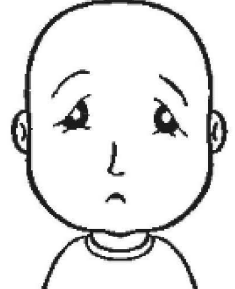
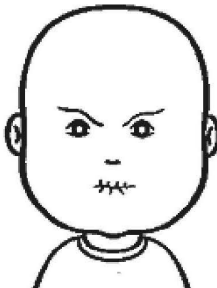
Happy

Mad/
angry

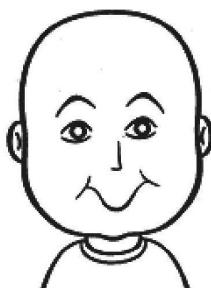
Excited



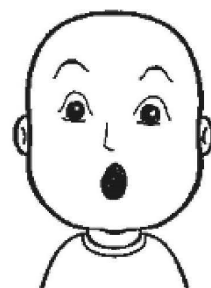
Worried

Lonely/
left out

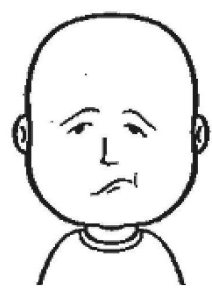
Frustrated



Proud



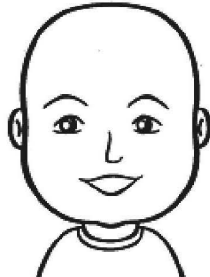
Surprised



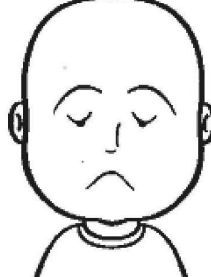
Disappointed



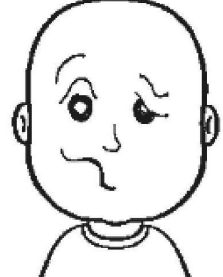
Embarrassed



Calm

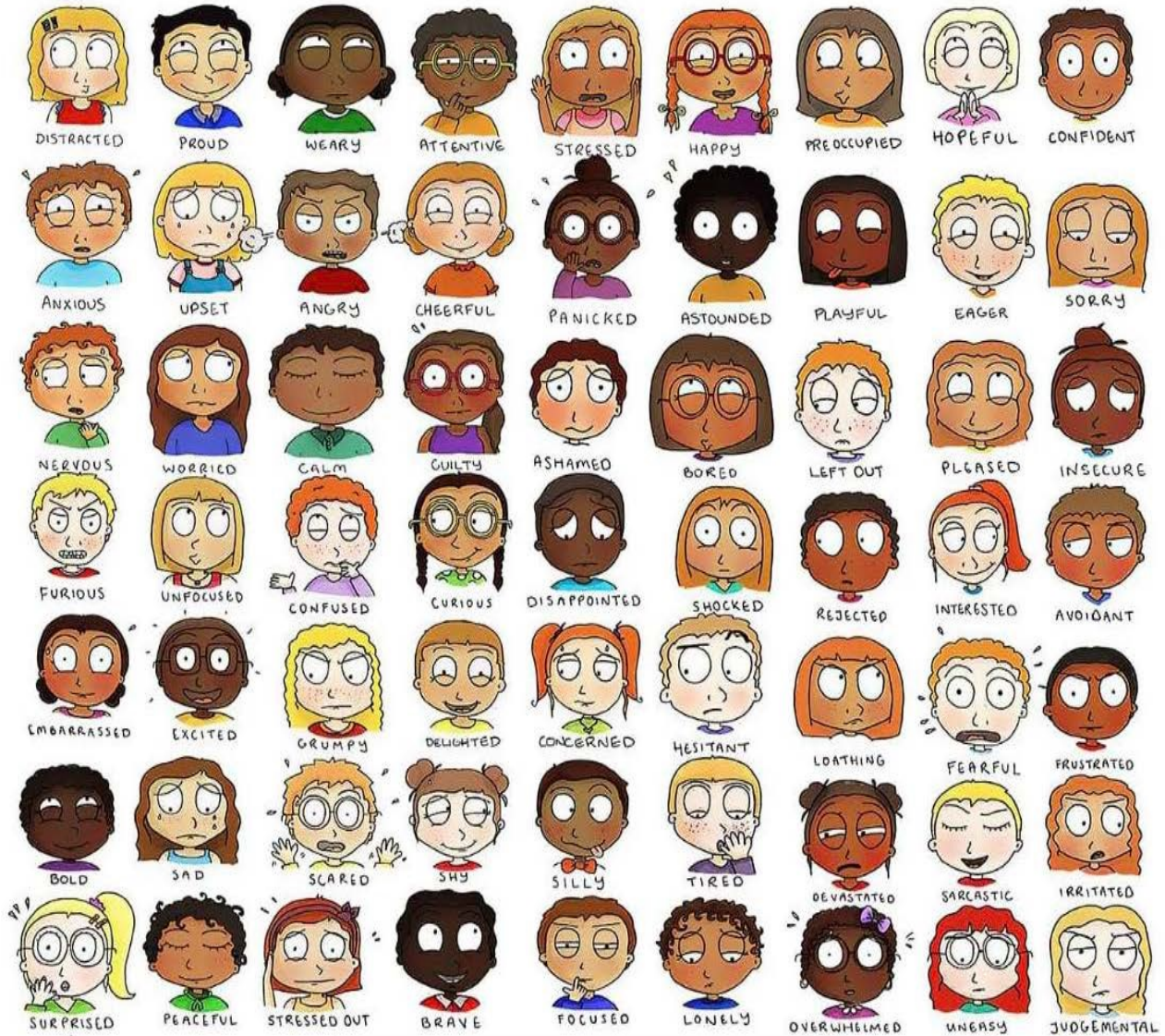


Guilty

Grumpy/
cross

Confused

THE JOURNEY TO WELLNESS JUMBO FEELINGS CHART



BIRTHDAY CANDLE BREATHING TECHNIQUE



Breathing calms children by slowing them down—deep breaths can literally slow a racing heart and help kids respond to stress in a healthier way (in fact, it works for everyone—adults, too). When hard feelings arise, try this simple exercise to help your little one feel calmer.

How to do it:

1. Simply get the child to hold their pointer finger on either hand and pretend it is a birthday candle, holding it in front of their mouth.
2. Explain that it is important to breathe in deeply through their nose (like smelling a flower) and blow out through their mouth as gently as possible so the flame stays alight. Make this a fun activity so it encourages them to use it when needed.
3. Children from three years up generally can relay their age on their fingers, so ask them to do this the number of times they are old (five breaths are optimal but not essential).

When to do it.

Introduce these ideas when your child is happy and calm (explaining birthday candle mid-meltdown in the grocery store is not a recipe for success). Ideally we want the children to use these or other breathing techniques when we see their lower intensity emotions (just starting to get upset or notice frustration). After this has been practiced and learnt it can be also helpful to use mid melt-down to help a child regulate back to calm.

Practice makes perfect (and keep it fun).

Add the breathing exercise they like best to play time. Maybe you draw cupcakes and blow out crayon candles, explain that it's a lot of fun and that it's also a good thing to do when he/she are feeling bad because it'll help them to calm down.

How to use it in the moment.

When tough feelings come, help them through their favourite breathing exercise with the following steps:

Connect: Get down to her level and connect. Try looking her in the eye or gently touching her shoulder.

Name the feelings: Sometimes big feelings like anger or disappointment can feel scary (even to grown-ups!), so acknowledge her big feelings to help her understand what's happening. Try something like, "You look like you're really upset" or "You seem angry that your brother took your toy."

Find a quiet space: Whether it's a cosy spot in her bedroom or a café corner, a quiet space lets her step away from the situation and gives her a little bit of privacy to gather herself and calm down.

Breathe together: Start doing the breathing exercise together. Help her by talking through each step: "Let's blow out some birthday candles. Breathe in...and...out. Let's do another one."

Give her a comforting cuddle (if she's ready): Some kids welcome a hug, but others may need a moment to settle down—follow your child's cues and your own instincts.

Model mindful breathing yourself.

When you get angry or frustrated, try taking deep breaths—or use the technique above. Explain what you're doing simply by saying, "I am feeling really angry right now. I'm going to take some deep breaths to help me calm down before we talk more about this." Your child is a keen observer, and when she sees you using breathing to calm yourself, she'll learn that this is a good way to manage big feelings.

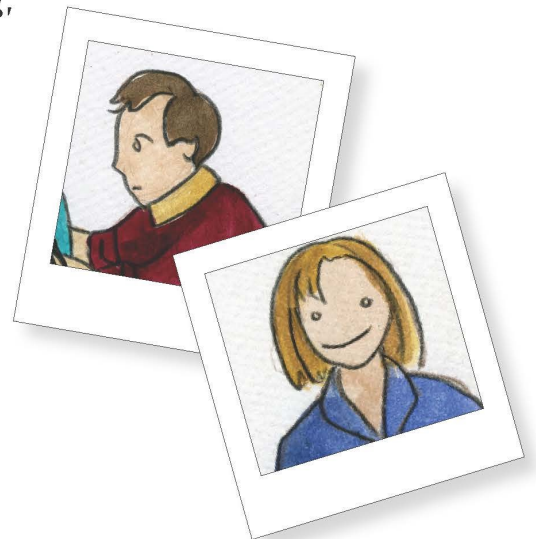
It may take a little time, but eventually he'll be able to do this all by himself—and he may even start reminding you to use your "Birthday Candle" or "Star Fish" when your temper wears thin in traffic!

Emotional self care

The following are ways you can look after your emotional wellbeing. Add to the list things you like to do.

Try to do at least one of these each day:

- have time with a friend
- meditate
- go for a walk, play a game of sport, or do some other exercise
- have a bath
- read a book/magazine
- have one to one time with your partner
- go to a movie
- listen to your favourite music
- do something creative like writing, painting, playing an instrument
- write in a personal diary
- cook your favourite meal
- go out for dinner
- do some gardening.



My personal favourites:

1. _____
2. _____
3. _____

Emotion focused children's books

A Difficult Day

A Huge Bag of Worries

A Very First Poetry Book

Alexander and the Terrible, Horrible, No Good, Very Bad Day

Angry Arthur

Augustus and His Smile

Can Anyone Be As Gloomy As Me?

Cool Cats, Calm Kids.

Corduroy

Daddy's Having a Horse

Edward the Emu

Franklin in the Dark

Frog Finds a Friend

Grandpa

Henry and Amy

I Feel series (I feel ... angry/jealous/lonely/sad etc)

I want to shout and stamp about

If you're happy and you know it!

Jenny is Scared

John Brown, Rose and The Midnight Cat

Little Monster

Look, there's a Hippopotamus in the Playground eating cake

Max

My Friend Whale

Oh the Places You Go

Pog

Rose meets Mr. Wintergarten

Scaredy Mouse

Silly Billy

The Bad Tempered Ladybird

The Deep

The Little Engine That Could

The Red Tree

Today I Feel Silly and Other Moods That Make My Day

What makes me Happy

When I am Feeling .. series (Sad, Lonely, Loved, Angry, Scared)

When Lester Lost His Cool

When Sophie Gets Angry – Really, Really Angry ...

Where the Wild Things Are

Willy the Wimp

Eugenie Fernandes

Virginia Ironside

Compiled by John Foster

Judith Viorst

Hiawyn Oram and Satoshi Kitamura

Catherine Rayner

Nick Toczek and Mike Gordon

Mary L. Williams

Don Freeman

Lisa Shanahan and Emma Quay

Sheena Knowles

Paulette Bourgeois and Brenda Clark

Max Velthuijs

John Birmingham

Stephen Michael King

Bryan Moses and Mike Gordon

Tony Mitton and Mike Gordon

Jan Omerod and Lindsey Gardiner

Carol Shuman

Jenny Wagner and Ron Brooks

Barry Wade

Hazel Edwards and Deborah Niland

Bob Graham

Simon James

Dr Seuss

Lyn Lee and Kim Gamble

Bob Graham

Alan MacDonald and Tim Warnes

Anthony Browne

Eric Carle

Tim Winton

Watty Piper

Shaun Tan

Jamie Lee Curtis

Catherine and Laurence Anholt

Trace Moroney

Sophie Havighurst

Molly Bang

Maurice Sendak

Anthony Browne

