



RAISING AN
EMOTIONALLY
INTELLIGENT CHILD



The Heart of Parenting



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with JOAN DECLAIRE

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Author of Emotional Intelligence

The Heart Of Parenting Raising An Emotionally Intelligent Child

Tamar Chansky



The Heart Of Parenting Raising An Emotionally Intelligent Child:

Raising An Emotionally Intelligent Child John Mordechai Gottman, Joan DeClaire, 1998-08-12 Discusses a five step program for parents to use when teaching their children to acknowledge and master their emotions **The Heart of Parenting** John Mordechai Gottman, Joan DeClaire, 1997 This is a practical guide for parents on how to raise a child who can understand and control his or her emotions It 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 **Raising An Emotionally Intelligent Child** John Gottman, 1998-08-12 Raising an Emotionally Intelligent Child is John Gottman s groundbreaking guide to teaching children to understand and regulate their emotional world 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 **The Heart of Parenting** John Mordechai Gottman, Joan DeClaire, 1997 This is a practical guide for parents on how to raise a child who can understand and control his or her emotions It 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 **Summary of John Mordechai Gottman, Joan DeClaire & Daniel Goleman's Raising An Emotionally Intelligent Child The Heart of Parenting** Everest Media, 2022-03-31T22:59:00Z Please note This is a companion version not the original book Sample Book Insights 1 Good parenting involves more than just intelligence It involves emotion and parents need to be aware of their children s feelings and be able to empathize with them 2 Emotion coaching is the act of helping your child deal with life s ups and downs It involves accepting your child s negative emotions and teaching them important life lessons and building closer relationships with them 3 The Emotion Coaching parent may seem like a

Dismissing parent at first because they directed Joshua to think about something other than staying home But there is a crucial distinction As an Emotion Coach Diane acknowledged her son's sadness helped him name it allowed him to experience his feelings and stayed with him while he cried 4 The process of Emotion Coaching involves five steps for parents becoming aware of the child's emotion recognizing the emotion as an opportunity for intimacy and teaching listening empathetically validating the child's feelings and setting limits while exploring strategies to solve the problem What Am I Feeling? John Gottman, John Mordechai 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

Raising an Emotionally Intelligent Child John Gottman, Joan DeClaire, 1998 **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 Safe House Joshua Straub, PhD, 2015-10-20 Parenting isn't rocket science it's just brain surgery And Dr Joshua Straub has good news for you You can do it You don't need to do all the right things as a parent Both science and the Bible show us that the most important thing we can provide for our kids is a place of emotional safety In other words the posture from which we parent matters infinitely more than the techniques of parenting Emotional safety more than any other factor is scientifically linked to raising kids who live love and lead well Learn how to use emotional safety as a foundation from which you parent and make a cultural impact that could change the world In Safe House Dr Straub draws from his extensive research and personal experience to help you Foster healthy identity and social development in children of any age Win the war without getting overwhelmed in the daily battles Discipline in a way that builds relationship Understand how the culture is affecting your child and what you can do about it Cultivate responsible

self regulating behavior in your kids Establish an unshakeable sense of faith morality and values in your home Feel more confident and peaceful as a parent Find a greater perspective on parenting than what you might see on a daily basis Also includes a Safe House Parenting Assessment The Oxford Handbook of Positive Psychology Shane J. Lopez,C. R. Snyder,2011-10-13 This book is the definitive text in the field of positive psychology the scientific study of what makes people happy The handbook s international slate of renowned authors summarizes and synthesizes lifetimes of research together illustrating what has worked for people across time and cultures Now in paperback this second edition provides both the current literature in the field and an outlook on its future **Psychological Treatment Approaches for Young Children and Their Families** Ingeborg Stiefel,Matthew Brand,Tanya Hanstock,2024-03-05 Never disappoints A concise authoritative guide this book is a treasure trove and delight to read It provides the reader with an overview of the contemporary early intervention landscape with sufficient detail to allow readers to feel familiar with the key aspects of each approach without overwhelming them with too much new information Alan Carr PhD FPSsI FBPsS Professor of Clinical Psychology UCD and Family Therapist Clanwilliam Institute Ireland Early childhood is the most critical phase in human development Negative influences can contribute to irreversible life long struggles What is learned in the first five years of life becomes the foundation for subsequent learning It is vitally important that we effectively treat mental health problems when we find them in preschoolers Psychological Treatment Approaches for Children and Their Families provides a comprehensive overview of 14 commonly available therapeutic interventions for children aged 3 5 years It fills an important gap in a field where information about treatment options is limited compared with those suitable for older children and adolescents The interventions presented are evidence based and reflect various research backgrounds and theories of change They are grouped into four sections covering individual child treatments parent focused approaches dyadic carer child interventions and family systems models Each section describes the models in a condensed yet comprehensive summary offering information on its evidence base key concepts stages of therapy session structure treatment effects and training options along with a case study example illustrating the therapy in practice The structure allows the reader to decide what treatments can be used for what presenting problem and under what conditions A set of exercise questions concludes the end of each chapter to encourage better theory practice links The result is a text that provides ample opportunities for students and therapists to develop a knowledge base and understanding of how to best approach the treatment of psychological disorders in this age group Edited and authored by a select group of experienced clinical psychologists and psychiatrists with a particular interest in paediatric clinical psychology this text is relevant for students therapists trainers and supervisors referrers researchers and funding bodies as well as all those undergoing training in disciplines related to child development and clinical child psychology *The Essential Guide to the ACT Matrix* Kevin L. Polk,Benjamin Schoendorff,Mark Webster,Fabian O. Olaz,2016-06-01 The ACT Matrix revolutionized contextual behavioral science by fusing the six core

principles of acceptance and commitment therapy ACT into a simplified easy to apply approach Now the creators of this pioneering new model present The Essential Guide to the ACT Matrix the first detailed step by step guide to help professionals implement the ACT Matrix in clinical practice and improve clients psychological flexibility *Clinical Child Psychiatry* William M. Klyklo, Jerald Kay, 2012-03-23 Clinical Child Psychiatry THIRD EDITION Making a psychiatric diagnosis in children can be challenging some clinicians say the incidence of some childhood disorders such as bipolar disorder and ADHD is over diagnosed while others say they are undiagnosed undertreated and are a large burden on society The drug treatment of child psychiatric disorders can also be controversial in children and adolescents This book fulfills the need for an objective clinically relevant source to dispel this confusion Clinical Child Psychiatry is a textbook of current clinical practice in child and adolescent psychiatry It is designed as a reference for clinicians that is both easily usable and authoritative a chairside reference for the consultation room This book addresses a defined series of clinical entities that represent the bulk of current treatment modalities and disorders encountered in 21st century practice It is authoritative in the areas addressed while at the same time being rapidly accessible in format To facilitate access it presents disorders in declining order of frequency The authors believe that worthwhile clinical work must be informed by both evidence based practice and by psychiatry's traditional attention to internal and interpersonal dynamics They are committed to an approach that is broadly biopsychosocial while based on current clinical evidence for a pragmatic clinical focus The book is divided into four sections The first Fundamentals of Child and Adolescent Psychiatric Practice addresses assessment treatment modalities and planning Common Child and Adolescent Psychiatric Disorders and Developmental Disorders cover the diagnosis and treatment of the large majority of disease entities encountered in practice The final section Special Problems in Child and Adolescent Psychiatry includes a variety of topics such as foster care and adoption loss and grief and forensics New evidence relating to the areas of depression psychosis trauma New insights from genetics genomics and proteomics cleverly integrated into chapters on the individual disease with focus on their clinical application New chapter on consultation and collaboration within systems of care The book addresses a need for clinicians many of whom are beginners non psychiatrists or psychiatrists entering unfamiliar territory to come up to speed rapidly in providing more than perfunctory service to needy populations This challenge grows ever greater

Lifeskills Dr. Redford Williams, Virginia Williams, 2010-06-09 Here are the eight skills this book will help you master

- 1 Identify your thoughts and feelings how to tap into your feelings especially the negative ones
- 2 Evaluate your negative feelings negative thoughts and options how to decide when to take action
- 3 Communicate better how to be a more effective listener and speaker
- 4 Empathize with others to understand their behavior how to appreciate a situation from someone else's point of view
- 5 Do problem solving how to define the problem generate alternatives and evaluate the outcomes
- 6 Practice assertion how to get others to do what you want
- 7 Practice acceptance how to back off without feeling like a failure
- 8 Emphasize the positive how to build better relationships using a proven ratio

of positive to negative interactions Lifeskills shows how building better relationships is an essential part of preserving health and offers eight clear steps anyone can use to make that happen *Joined at the Heart* Albert Gore,Al Gore,Tipper Gore,2003-11 In this moving exploration of the contemporary family landscape the Gores share stories drawn from their own experiences as well as introduce readers to a dozen other families they have come to know over the years 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 *Warning Signs* Brian D. Johnson,Laurie D. Berdahl,2016-08-01 What can parents and other concerned adults do to prevent the next Sandy Hook Are there red flags that warn us if our children might become victims or perpetrators of bullying or of sexual assault How do we know when a child or young adult is at risk for suicide or just moody These are certainly questions most parents have wondered about especially at a time when childhood dangers seem increasingly hard to predict or control Warning Signs is the first comprehensive book of its kind explaining the underlying factors and signs of youth violence and aggression and how to identify and guard against them Topics include violent media influences bullying hazardous friendships sexual aggression and abuse risky thinking and entitled attitudes school safety gun violence mental health and more Doctors Brian Johnson and Laurie Berdahl provide specific practical ideas strategies and tips based on current research and years of clinical experience They even suggest language parents can use during tough conversations with their kids or with another child s parents This timely guide will appeal to any adult who is worried about the levels of violence and aggression committed against and by today s youth and who wants to raise emotionally healthy kind safe children amidst today s dangers **Freeing Your Child from Negative Thinking** Tamar Chansky,2008-10-20 A leading clinical expert in the fields of child cognitive behavior therapy and anxiety disorders Dr Tamar Chansky frequently counsels children and their parents whose negative thinking creates chronic or occasional emotional hurdles and impedes optimism flexibility and happiness Now in the first book that specifically focuses on negative thinking in kids Freeing Your Child from Negative Thinking provides parents caregivers and clinicians the same clear concise and compassionate guidance that Dr Chansky employed in her previous guides to relieving children from anxiety and obsessive compulsive symptoms Here she thoroughly covers the underlying causes of children s negative attitudes as well as providing multiple strategies for managing negative thoughts building optimism and establishing emotional resilience *Handbook of Positive Psychology* C. R. Snyder,Shane J. Lopez,2001-12-20 Psychology has long been enamored of the dark side of human existence rarely exploring a more positive view of the mind What has psychology

contributed for example to our understanding of the various human virtues. Regrettably not much. The last decade however has witnessed a growing movement to abandon the exclusive focus on the negative. Psychologists from several subdisciplines are now asking an intriguing question: What strengths does a person employ to deal effectively with life? The Handbook of Positive Psychology provides a forum for a more positive view of the human condition. In its pages readers are treated to an analysis of what the foremost experts believe to be the fundamental strengths of humankind. Both seasoned professionals and students just entering the field are eager to grasp the power and vitality of the human spirit as it faces a multitude of life challenges. The Handbook is the first systematic attempt to bring together leading scholars to give voice to the emerging field of positive psychology.

Emotional Development and Families Julie Hakim-Larson, 2017-09-30. This lively and engaging book conducts a thorough review of the current research literature in developmental psychology and socialisation and then clearly links theory to practical applications in both clinical and everyday situations. Life's first important lessons on how to handle emotions often emerge early on within family relationships forming the foundation for emotional development over the life span. Couples, siblings, parents and extended family members all have profound influences on each other's emotional lives as well as on the lives of the children they are socialising. Students can expect to learn a wide range of relevant topics bringing together theory, practice and research in a comprehensive and lucid way. Covering the main topics of emotional development, this textbook reviews contemporary research and makes recommendations for how students might practically use the findings in their future studies or in practice. Filled with a wealth of resources and suggestions for further reading, this book is an ideal supplementary text suitable for students taking undergraduate and postgraduate courses on developmental psychology, family psychology and child clinical psychology. This book may also be helpful for those taking undergraduate and postgraduate courses on social work, counselling, education studies and family studies.

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