



RAISING AN
EMOTIONALLY
INTELLIGENT CHILD



The Heart of Parenting



JOHN GOTTMAN, Ph.D.

with JOAN DECLAIRE

Foreword by DANIEL GOLEMAN

Author of Emotional Intelligence

The Heart Of Parenting Raising An Emotionally Intelligent Child

M Walker



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

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