



Raising An Emotionally Intelligent Child

John Gottman PhD, Daniel Goleman

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Raising An Emotionally Intelligent Child John Gottman PhD, Daniel Goleman *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.

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