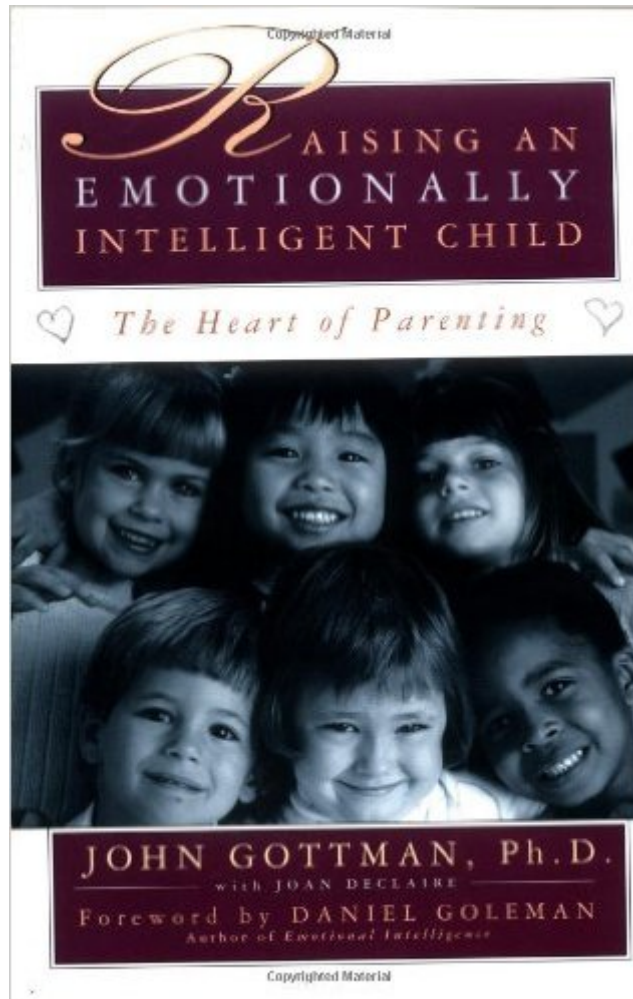


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# Raising An Emotionally Intelligent Child The Heart Of Parenting



## Synopsis

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.

## Book Information

Paperback: 240 pages

Publisher: Simon & Schuster; 1 edition (August 12, 1998)

Language: English

ISBN-10: 0684838656

ISBN-13: 978-0684838656

Product Dimensions: 5.5 x 0.6 x 8.5 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars See all reviews (176 customer reviews)

Best Sellers Rank: #5,204 in Books (See Top 100 in Books) #12 in Books > Self-Help > Emotions

#24 in Books > Health, Fitness & Dieting > Psychology & Counseling > Child Psychology #152

in Books > Parenting & Relationships > Parenting

## Customer Reviews

There are many parenting books out there that are as controversial as they are popular. You use what you find helpful and ignore what doesn't fit in with your own personal parenting philosophy. I found most of Goleman's techniques in this book to be insightful and invaluable. Too often, we may

find ourselves giving in to venting our anger or frustration at our children for our own emotional benefit, forgetting that they are not adept at reading their own feelings much less yours. It is too easy to discount our little ones' cries as merely manipulative attempts to get what they want. (The author DOES recognize that children DO try to manipulate adults in this way and recommends not using emotion coaching in those instances.) This is a realistic, practical, and easily read book told from the perspective of a father who also relays helpful instances in his own life where he'd used emotion coaching. One benchmark that I often use to judge parenting books are their philosophies on punishment, particularly time-outs. Goleman believes in the proper implementation of time-outs. They are to be consistent and respectful, not opportunities to emotionally berate or humiliate children. He believes that it is best used for children aged 3-8 and should last about a minute. You may want use 's search-within-a-book feature and search for "time-out" to get a better idea. The author sites studies showing that emotional intelligence is linked to higher reading and math IQ's, social competence, and physical health. We all wish the best for our children, and reading this book will help you to be the best parent you can be.

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