

Raising An Emotionally Intelligent Child

This best-selling text on marriages, families, and relationships combines a rigorous scholarly and applied approach with a theme especially relevant to today's dynamic global environment: making choices in a diverse society. The authors use an engaging narrative to create a highly readable text that offers insightful perspectives on the diversity of our modern society, including different ethnic traditions and family forms. The balanced presentation discusses a variety of theoretical perspectives (e.g., family ecology, structure-functional, interaction-constructionist, family systems, biosocial), emphasizing both social structure and the importance of individual agency, choice, and decision-making. Students are encouraged to question assumptions and reconcile conflicting ideas and values as they make informed choices in their own lives. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Having a baby is a joyous experience, but even the best relationships are strained during the transition from duo to trio. Lack of sleep, never-ending housework, and new fiscal concerns often lead to conflict, disappointment, and hurt feelings. In *And Baby Makes Three* Love Lab™ experts John Gottman and Julie Schwartz Gottman teach couples the skills from their successful workshops, so partners can avoid the pitfalls of parenthood by:

- maintaining intimacy and romance
- replacing a culture of criticism and irritability with one of appreciation
- preventing post-partum depression
- creating a home environment that nurtures physical, emotional, and mental health, as well as cognitive and behavioral development for your baby

Complete with exercises that separate the “master” from the “disaster” couples, *And Baby Makes Three* helps new parents positively manage the strain that comes along with their bundle of joy.

From the country's foremost relationship expert and New York Times bestselling author Dr. John M. Gottman comes a powerful, simple five-step program, based on twenty years of innovative research, for greatly improving all of the relationships in your life—with spouses and lovers, children, siblings, and even your colleagues at work. Gottman provides the tools you need to make your relationships thrive. In *The Relationship Cure*, Dr. Gottman:

- Reveals the key elements of healthy relationships, emphasizing the importance of what he calls “emotional connection”
- Introduces the powerful new concept of the emotional “bid,” the fundamental unit of emotional connection
- Provides remarkably empowering tools for improving the way you bid for emotional connection and how you respond to others' bids
- And more! Packed with fascinating questionnaires and exercises developed in his therapy, *The Relationship Cure* offers a simple but profound program that will fundamentally transform the quality of all of the relationships in your life.

An illustrated and guided journal for children.

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BUY THE PAPERBACK VERSION OF THIS BOOK ON AMAZON.COM AND GET THE KINDLE BOOK VERSION FOR FREE Have your children ever completely lost it in the middle of the grocery store? Not just being fussy, but a full-blown tantrum with snot and tears running down their faces as They screech about how awful of a parent you are? Maybe you told them that they could not have a piece of candy or a new toy and they went into complete meltdown mode. Did you struggle to calm your child down during this tantrum? Perhaps everything you said and did only exacerbated the situation, and ultimately led to both of you losing your temper. What if someone told you that there is a five-step process to mitigating your children's tantrums and teaching them to be more able to control their own emotions? Emotion coaching is a type of relationship that endeavors to do just that. An emotion coaching parent guides the child through the throes of emotions, helping the child navigate through all of the overwhelming feelings, and emerging better able to cope with the adversities life throws at him or her in a more mature and resilient manner. Children who have been parented in this manner are typically far more successful than their peers at navigating through tough situations and creating meaningful, healthy relationships and friendships. Through the five steps of emotion coaching, you will be there with your child through the failures and successes, teaching your child to navigate through emotions and develop critical skills that will allow your child to develop a higher EQ (emotional intelligence quotient). Each of these steps builds upon each other to help you solve conflicts and mitigate tantrums or other unacceptable behaviors by teaching your child to be emotionally conscientious. These steps will create an emotionally intelligent young child who is better equipped to tackle the world head-on and deal with anything life throws at him or her. Within the pages of this book, you will be guided on how to parent in an emotion coaching manner with the end goal being to develop overall emotional intelligence. You will learn all the different ways emotional intelligence is relevant to both yourself and your child, especially in stressful situations such as divorce. You will find: Essential facts about emotional intelligence The elements of emotion coaching, as well as commonly made mistakes The five steps to emotion coaching, and several tips for how to raise an emotionally intelligent child A list of recommended books for children of all ages to aid in emotional intelligence development An assessment for how effective you are at emotion coaching How emotional intelligence of the father is important to the emotional intelligence of his children Examples of both children and teens with lower and higher EQs and how emotion coaching can help them And more! Would You Like to Know More? Scroll to the top of the page and select the buy now button For families with a seriously ill parent--advice on helping your children cope from two leading Harvard psychiatrists Based on a Massachusetts General Hospital program, Raising an Emotionally Healthy Child When a Parent is Sick covers how you can address children's concerns when a parent is seriously ill, how to determine how children with different temperaments are really feeling and how to draw them out, ways to ensure the child's financial and emotional security

and reassure the child that he or she will be taken care of.

This practical and compassionate handbook helps parents sharpen any child's social skills by identifying the "unwritten rules" that govern all relationships.

Evidence-based skills, insight, and methods drawn from dialectical behavior therapy (DBT) to help you gain a greater understanding of your child's behavior, parent them with compassion and confidence, and restore peace to your home. Is your child extremely irritable most of the time? Do they have difficulty interpreting social cues? Are they impulsive and prone to outbursts or explosive rages? Parenting a child who has emotional dysregulation can be a bumpy ride. You've probably received advice—some of it unsolicited—from friends, teachers, and family members. But strategies and techniques that work for other kids are usually ineffective when it comes to your unique child, and can even lead to more stress for everyone in your family. The Uncontrollable Child is here to help. Written for parents of children with emotion dysregulation disorders, including disruptive mood dysregulation disorder (DMDD), The Uncontrollable Child is a lifeline. It contains a powerful set of skills based in dialectical behavior therapy (DBT)—including mindfulness, validation, limit-setting, and behavior-shaping—to help you better understand your child and their behavior, and successfully find balance between acceptance and change, flexibility and consistency, and limits and love. As a parent, you want the very best for your child, but if you have a child with explosive emotions, you need extra help. Let this book guide you toward creating a nurturing, healthy, and loving environment in which your whole family can thrive.

"A groundbreaking book showing the link between Adverse Childhood Experiences (ACEs) and adult illnesses such as heart disease, autoimmune disease, and cancer--Childhood Disrupted also explains how to cope with these emotional traumas and even heal from them. Your biography becomes your biology. The emotional trauma we suffer as children not only shapes our emotional lives as adults, it also affects our physical health, longevity, and overall wellbeing. Scientists now know on a bio-chemical level exactly how parents' chronic fights, divorce, death in the family, being bullied or hazed, and growing up with a hypercritical, alcoholic, or mentally ill parent can leave permanent, physical "fingerprints" on our brains. When we as children encounter sudden or chronic adversity, excessive stress hormones cause powerful changes in the body, altering our body chemistry. The developing immune system and brain react to this chemical barrage by permanently resetting our stress response to "high," which in turn can have a devastating impact on our mental and physical health. Donna Jackson Nakazawa shares stories from people who have recognized and overcome their adverse experiences, shows why some children are more immune to stress than others, and explains why women are at particular risk. Groundbreaking in its research, inspiring in its clarity, Childhood Disrupted explains how you can reset your biology--and help your loved ones find ways to heal"--

Online Library Raising An Emotionally Intelligent Child

In divorce and co-parenting, not only do parents need to deal with their own emotions, they may be faced with a daily barrage of hostile calls, texts, social media blasts, and/or emails. How can you regain a sense of control and peace for your own sake and for the kids? For more than a decade, the BIFF method of responding to hostile and misinforming emails, texts and conversations, has grown in use by thousands of people dealing with a person with a high conflict personality. This third book in the BIFF Communication series is especially devoted to parents dealing with issues in and after separation and divorce as they co-parent their children, complete with instructions in the four-step BIFF method and numerous examples for dealing with co-parent situations. When parents use this approach, not only do they feel good about their end of the written or verbal conversation, but it tends to influence the other parent to communicate more productively as well. While it's simple and practical, it's not natural for most of us because we are hooked by the emotional intensity. This book can help you reduce the conflict and regain your sanity by learning what to write and what not to write. Brief, Informative, Friendly and Firm. The BIFF is a communication game changer--it works!

America's foremost baby and childcare experts, William Sears M.D. and Martha Sears, R.N., explain the benefits -- for both you and your child -- of connecting with your baby early. Would you and your baby both sleep better if you shared a bed? How old is too old for breastfeeding? What is a father's role in nurturing a newborn? How does early attachment foster a child's eventual independence? Dr. Bill and Martha Sears -- the doctor-and-nurse, husband-and-wife team who coined the term "attachment parenting" -- answer these and many more questions in this practical, inspiring guide.

Attachment parenting is a style of parenting that encourages a strong early attachment, and advocates parental responsiveness to babies' dependency needs. The Attachment Parenting Book clearly explains the six "Baby B's" that form the basis of this popular parenting style: Bonding, Breastfeeding, Babywearing, Bedding close to baby, Belief in the language value of baby's cry, and Beware of baby trainers. Here's all the information you need to achieve your most important goals as a new parent: to know your child, to help your child feel right, and to enjoy parenting.

This Proven Formula Reveals How to Understand, Connect, & Empower Your Child Are you sick and tired of not being able to get through to your child? Have you tried endless "solutions" to get along with your child but nothing seems to work, and you're back to the tantrums? Do you finally want to say goodbye to punishments and disagreements and discover something which works for you? You are not the first. Lucky for you there's a solution... Positive parenting doesn't have to be complicated. Genuine connection, understanding, and love are all your child wants. You know that. Unfortunately, nobody teaches you how to be a good parent and a positive role model. Now, that's not to say there's no room for discipline. Even if you've tried time outs, grounding, withdrawal of treats. Or even the flip side with free-range parenting, without success. You can make this work. In fact, it's easier than you think. It's also much more important than

Online Library Raising An Emotionally Intelligent Child

you realize. A study from Oregon State University demonstrated how parenting approach affects children's brain structure and DNA. And get this! Not only is your child affected. But their children will also be affected for several generations. Another study stated that positive parenting increases children's sense of belonging, self-acceptance, self-confidence, and self-esteem. Nothing is stopping you from making a profound positive change in the relationship with your child today. Here's just a tiny fraction of what you'll discover in this positive parenting book: Positive parenting in 5 simple steps Understand how children think and feel, at different stages of development Find out your personality parenting style 8 simple steps to exert healthy discipline, without being authoritarian The reason behind your child's misbehavior (The answer will surprise you) 10 action-based commandments for disciplining toddlers The simple-to-fix mistakes parents make when disciplining older children The exact steps to dealing with your frustration or anger, should it arise How to effectively manage the power balance between your partner and child Many "In Real Life" examples of conversations and situations which make this Book immediately actionable Final tips you can apply in less than 5 minutes to make a tangible, positive impact on your child Take a second to imagine how you'll feel once you can truly see eye to eye with your child. How much easier getting through the day will be. So even if you're a single mom of triplets with no end to the day insight, you can create a healthy family relationship with positive parenting. And if you have a burning desire to evolve into an idyllic family and give your child the chance to truly thrive then scroll up and click "Add to Cart"

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.

Confident Parents, Confident Kids lays out an approach for helping parents—and the kids they love—hone their emotional intelligence so that they can make wise choices, connect and communicate well with others (even when patience is thin),

Online Library Raising An Emotionally Intelligent Child

and become socially conscious and confident human beings. How do we raise a happy, confident kid? And how can we be confident that our parenting is preparing our child for success? Our confidence develops from understanding and having a mastery over our emotions (aka emotional intelligence)—and helping our children do the same. Like learning to play a musical instrument, we can fine-tune our ability to skillfully react to those crazy, wonderful, big feelings that naturally arise from our child's constant growth and changes, moving from chaos to harmony. We want our children to trust that they can conquer any challenge with hard work and persistence; that they can love boundlessly; that they will find their unique sense of purpose; and they will act wisely in a complex world. This book shows you how. With author and educator Jennifer Miller as your supportive guide, you'll learn: the lies we've been told about emotions, how they shape our choices, and how we can reshape our parenting decisions in better alignment with our deepest values. how to identify the temperaments your child was born with so you can support those tendencies rather than fight them. how to align your biggest hopes and dreams for your kids with specific skills that can be practiced, along with new research to support those powerful connections. about each age and stage your child goes through and the range of learning opportunities available. how to identify and manage those big emotions (that only the parenting process can bring out in us!) and how to model emotional intelligence for your children. how to deal with the emotions and influences of your choir—the many outside individuals and communities who directly impact your child's life, including school, the digital world, extended family, neighbors, and friends. Raising confident, centered, happy kids—while feeling the same way about yourself—is possible with *Confident Parents, Confident Kids*.

Emotion Coaching (EC) is a universal communication strategy which supports children and young people to self-regulate and manage their stress responses. Originally noticed as an effective way parents communicated with their children around challenging behaviours, Emotion Coaching has been shown to be highly successful in educational settings too. This is why the authors pioneered the research and application of Emotion Coaching into UK (primary and secondary) schools and community settings. The book includes straightforward descriptions and practical tips, with signposting to resources, case studies and vignettes to illustrate its practical application in educational settings. It supports adults to promote empathetic responses to challenging behaviours and situations, helping children and young people to understand their emotions and learn to manage them and their behavior in the longer-term.

We live in a self-centered world, despite the call from employers and thought leaders for more cooperation and compassion. Empathy, or the ability to understand other people's thoughts and emotions from their point of view, is a vital component of cooperation and necessary in our increasingly diverse world. *The Caring Child: Raising Empathetic and Emotionally Intelligent Children* pulls together the latest research from positive psychology to provide parents specific

Online Library Raising An Emotionally Intelligent Child

tools to help their children develop healthy empathy and emotional intelligence. Presented in an easy-to-read, conversational style, the book uses a combination of evidence-based strategies, real-world examples, and role-playing scenarios to provide parents with the tools needed to develop these important skills. With specific strategies to address diverse populations and LGBTQ youth, *The Caring Child* is the must-read resource for anyone dedicated to cultivating a more compassionate world.

Have you, as a parent, ever found yourself treating your children in a way you would never tolerate from someone else? The authors of *Emotionally Intelligent Parenting* call for a new Golden Rule: Do unto your children as you would have other people do unto your children. And most important, they show us how to live by it. Based upon extensive research, firsthand experience, and case studies, *Emotionally Intelligent Parenting* breaks the mold of traditional parenting books by taking into account the strong role of emotions -- those of parents and children -- in psychological development. With this book, parents will learn how to communicate with children on a deeper, more gratifying level and how to help them successfully navigate the intricacies of relating to others. The authors take the five basic principles of Daniel Goleman's best-seller, *Emotional Intelligence*, and explain how they can be applied to successful parenting. To this end, the book offers suggestions, stories, dialogues, activities, and a special section of *Sound EQ Parenting Bites* to help parents use their emotions in the most constructive ways, focusing on such everyday issues as sibling rivalry, fights with friends, school situations, homework, and peer pressure. In the authors' extensive experience, children respond quickly to these strategies, their self-confidence is strengthened, their curiosity is piqued, and they learn to assert their independence while developing their ability to make responsible choices.

From the widely acclaimed HOW TO TALK series, discover how to cope with - and deflect - sibling rivalry. Full of humour and compassion, *SIBLINGS WITHOUT RIVALRY* challenges the idea that constant conflict between siblings is natural and unavoidable. With this book, you'll learn how to:

- Avoid comparisons and the perils of equality.
- Intervene helpfully and step away at the right time.
- Encourage good feeling between your children.

This book describes research on the emotional communication between parents and children and its effect on the children's emotional development. Inspired by the work, and dedicated to the memory of Dr. Haim Ginott, it presents the results of initial exploratory work with meta-emotion--feelings about feelings. The initial study of meta-emotion generated some theory and made it possible to propose a research agenda. Clearly replication is necessary, and experiments are needed to test the path analytic models which have been developed from the authors' correlational data. The authors hope that other researchers will find these ideas interesting and stimulating, and will inspire investigation in this exciting new area of a family's emotional life.

The authors of *Emotionally Intelligent Parenting* combine real-life scenarios, practical strategies, and helpful advice into a unique guide for parents on how to cope with the special challenges of dealing with teenagers, explaining how to deal with issues of identity, self-confidence, peer pressure, responsibility, and independence during the teen years. Reprint. 15,000 first printing.

Put your child on the path to success! A child's emotional intelligence has been shown to be one of the strongest factors in whether or not that child will be successful later in life. A child with high emotional intelligence (EQ) has good self-control, resilience, and empathy--all factors that help build a foundation for a more grounded, satisfying, and successful life. With *The Everything Parent's Guide to Emotional Intelligence in Children*, you will learn how to help your child: Improve academic achievement and behavior. Achieve mindfulness. Understand emotions.

Online Library Raising An Emotionally Intelligent Child

Empathize with others. Improve self-confidence. Build inner resilience. This hands-on guide shows you exactly how to promote core EQ skills in your child and provides you with all you need to help your children achieve their greatest potential.

If You've Ever Allowed a Three-Year-Old's Temper Tantrum to Ruin You, Then Keep Reading ... and learn the no-nonsense approach to positive parenting and raising emotionally intelligent kids You're in the middle of the supermarket and your three-year-old is in full meltdown mode over an icicle. There's yelling, there are tears and snot flying everywhere. Do you: Give in and buy the icicle because you're way too embarrassed Engage in a yelling match with your kid, i.e. lose your marbles completely Drag your kid yelling and screaming out of the supermarket Calmly but firmly stand your ground and tell your little one there are snacks waiting for them at home? Now that you look at it, the correct answer is probably obvious. In the heat of the moment, however, most parents will react instinctively and they'll do irrational things due to stress and exhaustion. Let's face it - even the best and kindest of kids throw temper tantrums. In fact, statistics show that 87% of 18 to 24-month-olds will have a total meltdown every once in a while. But it doesn't end there. Of all three to four-year-olds, 50% will still continue with the temper tantrums. How long can you stand your ground when these become a regular occurrence? Even moms who are as cool as a cucumber will want to punch the wall simply because a five-year-old can't be rationalized with. Being a parent is tough. Learning through trial and error, however, isn't an option when your kid's wellbeing and future are on the line. Mastering the right parenting techniques early on in life is important because: Intense early childhood parental involvement helps kids develop to the best of their abilities Mindful parenting also contributes to better social development for children Positive parenting can impact generations - not only your kids but the way they interact with their own children You will be establishing a bond with your child that will last a lifetime You certainly understand the importance of being a hands-on parent. Like many others, however, you may be clueless about how to approach discipline, boundaries and positive reinforcement. Of all parents, 57% struggle finding the most effective way to discipline kids. Parenting with Purpose provides the answer. Good parenting is based on mutual respect, open communication and transparency. This is just one of the key lessons included in the latest book by child development experts Aileen Jarvis and Rowan Roffe. In Parenting with Purpose, you'll discover: What exactly is parenting with purpose - actionable tips and no mumbo jumbo How your child's mind functions - little ones don't process information as adults! 4 parenting styles you should never adopt because they'll backfire sooner or later And 2 loving, nurturing parenting styles that can help you establish a strong bond with your kids How to handle the mighty temper tantrum like a boss (the one thing all parents are probably dying to find out) The secret of setting boundaries and outlining clear consequences, whether positive or negative The answer to the big question: should a parent ever try to be their child's friend? Effective approaches for dealing with a teen rebel Actionable insights, real-life examples and communication exercises to strengthen the skills you've just learned And much more. As a bonus, the book will apply the techniques to real-life situations that parents struggle with. If you dread mealtime or getting kids ready for kindergarten in the morning, this is the reading material you should have on your nightstand. Bad behavior is corrigible! Click the "Add to Cart" button now to find out which parenting techniques are bound to give you the best results.

Raising happy, compassionate, and responsible children requires both love and limits. In Mindful Discipline, internationally recognized mindfulness expert Shauna Shapiro and pediatrician Chris White weave together ancient wisdom and modern science to provide new perspectives on parenting and discipline. Grounded in mindfulness and neuroscience, this pioneering book redefines discipline and outlines the five essential elements necessary for children to thrive: unconditional love, space for children to be themselves, mentorship, healthy boundaries, and mis-takes that create learning and growth opportunities. In this book, you will also discover parenting practices such as

Online Library Raising An Emotionally Intelligent Child

setting limits with love, working with difficult emotions, and forgiveness and compassion meditations that place discipline within a context of mindfulness. This relationship-centered approach will restore your confidence as a parent and support your children in developing emotional intelligence, self-discipline, and resilience—qualities they need for living an authentic and meaningful life.

A groundbreaking guide to raising responsible, capable, happy kids Based on the latest research on brain development and extensive clinical experience with parents, Dr. Laura Markham's approach is as simple as it is effective. Her message: Fostering emotional connection with your child creates real and lasting change. When you have that vital connection, you don't need to threaten, nag, plead, bribe—or even punish. This remarkable guide will help parents better understand their own emotions—and get them in check—so they can parent with healthy limits, empathy, and clear communication to raise a self-disciplined child. Step-by-step examples give solutions and kid-tested phrasing for parents of toddlers right through the elementary years. If you're tired of power struggles, tantrums, and searching for the right “consequence,” look no further. You're about to discover the practical tools you need to transform your parenting in a positive, proven way. Drawing on the same principles that inspired Emotional Intelligence, an insightful parenting guide presents a variety of practical, realistic suggestions to help youngsters develop such key qualities as cooperative work habits, selfawareness, and sympathy for others. Reprint. 15,000 first printing.

NEW YORK TIMES BESTSELLER • Over a million copies sold! “An eminently practical guide to an emotionally intelligent—and long-lasting—marriage.”—Daniel Goleman, author of Emotional Intelligence The Seven Principles for Making Marriage Work has revolutionized the way we understand, repair, and strengthen marriages. John Gottman's unprecedented study of couples over a period of years has allowed him to observe the habits that can make—and break—a marriage. Here is the culmination of that work: the seven principles that guide couples on a path toward a harmonious and long-lasting relationship. Straightforward yet profound, these principles teach partners new approaches for resolving conflicts, creating new common ground, and achieving greater levels of intimacy. Gottman offers strategies and resources to help couples collaborate more effectively to resolve any problem, whether dealing with issues related to sex, money, religion, work, family, or anything else. Packed with new exercises and the latest research out of the esteemed Gottman Institute, this revised edition of The Seven Principles for Making Marriage Work is the definitive guide for anyone who wants their relationship to attain its highest potential.

A professor of psychology details a five-step process called “motion coaching” that allows parents to raise a child better able to cope with his or her emotions. 35,000 first printing.

“Instead of trusting kids with choices . . . many parents insist on micromanaging everything from homework to friendships. For these parents, Stixrud and Johnson have a simple message: Stop.” —NPR “This humane, thoughtful book turns the latest brain science into valuable practical advice for parents.” —Paul Tough, New York Times bestselling author of How Children Succeed A few years ago, Bill Stixrud and Ned Johnson started noticing the same problem from different angles: Even high-performing kids were coming to them acutely stressed and lacking motivation. Many complained they had no control over their lives. Some stumbled in high school or hit college and unraveled. Bill is a clinical neuropsychologist who helps kids gripped by anxiety or struggling to learn. Ned is a motivational coach who runs an elite tutoring service. Together they discovered that the best antidote to stress is to give kids more of a sense of control over their lives. But this doesn't mean giving up your authority as a parent. In this groundbreaking book they reveal how you can actively help your child to sculpt a brain that is resilient, and ready to take on new challenges. The Self-Driven Child offers a combination of cutting-edge brain science, the latest discoveries in behavioral therapy, and case studies drawn from the thousands of kids and teens Bill and Ned have helped over the years to

Online Library Raising An Emotionally Intelligent Child

teach you how to set your child on the real road to success. As parents, we can only drive our kids so far. At some point, they will have to take the wheel and map out their own path. But there is a lot you can do before then to help them tackle the road ahead with resilience and imagination.

Straightforward guide to taking control of your emotions. Being aware of and in control of your emotions is one of the keys to success in life -- both professionally and personally. Emotional Intelligence For Dummies will show you how to take control of your emotions rather than letting your emotions control you! Discover how developing your emotional intelligence can further your relationships with others, in the workplace and at home. Emotional awareness is also a critical skill for career success, and Dr. Stein provides practical exercises for developing this skill and achieving your professional and personal goals. He also provides valuable insights into how emotional intelligence can be applied to raising children and teenagers and realizing personal happiness. Full of lively anecdotes and practical advice, Emotional Intelligence For Dummies is the ideal book for anyone who wants to get smart about their feelings and reach the next level at work and at home. Manage your emotions - identify your feelings, determine what beliefs cause negative emotions, and stop self-destructive behaviors Discover the power of empathy - read other people's emotions through facial cues and body language and show them you understand their feelings Thrive at work - find a job that's right for you, overcome hassles and fears, and develop your leadership skills Build and sustain meaningful relationships - discover how to take your partner's emotional temperature and manage emotions to grow closer Raise an emotionally intelligent child - keep your cool with your child, coax shy children out of their shells, and get your child to be less aggressive and defiant

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.

Popular parenting expert Dr. Laura Markham, author of PEACEFUL PARENTS, HAPPY SIBLINGS, has garnered a large and loyal readership around the world, thanks to her simple, insightful approach that values the emotional bond between parent and child. As any parent of more than one child knows, though, it's challenging for even the most engaged parent to maintain harmony and a strong connection when competition, tempers, and irritation run high. In this highly anticipated guide, Dr. Markham presents simple yet powerful ways to cut through the squabbling and foster a loving, supportive bond between siblings, while giving each child the vital connection that he or she needs. PEACEFUL PARENT, HAPPY SIBLINGS includes hands-on, research-based advice on:

- Creating deep connections with each one of your children, so that each truly believes that you couldn't possibly love anyone else more.
- Fostering a loving family culture that encourages laughter and minimizes fighting
- Teaching your children healthy emotional self-management and conflict resolution skills—so that they can work things out with each other, get their own needs met and respect the needs of others
- Helping your kids forge a close lifelong sibling bond—as well as the relationship skills they will need for a life of healthy friendships, work relationships, and eventually their own family bonds.

The Godmother of Silicon Valley, legendary teacher, and mother of a Super Family shares her tried-and-tested methods for raising happy, healthy, successful children using Trust, Respect, Independence, Collaboration, and Kindness: TRICK. Esther Wojcicki--"Woj" to her many friends and admirers--is famous for three things: teaching a high school class that has changed the lives of thousands of kids, inspiring Silicon Valley legends like Steve Jobs, and raising three daughters who have each become famously successful. What do these three

Online Library Raising An Emotionally Intelligent Child

accomplishments have in common? They're the result of TRICK, Woj's secret to raising successful people: Trust, Respect, Independence, Collaboration, and Kindness. Simple lessons, but the results are radical. Wojcicki's methods are the opposite of helicopter parenting. As we face an epidemic of parental anxiety, Woj is here to say: relax. Talk to infants as if they are adults. Allow teenagers to pick projects that relate to the real world and their own passions, and let them figure out how to complete them. Above all, let your child lead. How to Raise Successful People offers essential lessons for raising, educating, and managing people to their highest potential. Change your parenting, change the world.

"In Scaffold Parenting, world-renowned child psychiatrist Harold Koplewicz introduces the powerful new and clinically-tested idea that this deliberate build-up and then gradual loosening of parental support is the single most effective way to encourage kids to climb higher, try new things and grow from mistakes, and to develop character and strength. Offering the ten building blocks or "planks" of an effective scaffold--from laying a solid foundation and setting limits and minimizing cracks--he expertly guides parents through the strategies they need to raise empowered, capable kids while building parent-child bonds that will survive adolescence and grow stronger into adulthood"--

Studies show that emotional intelligence -- the social and emotional skills that make up what we call character -- is more important to your child's success than the cognitive intelligence measured by IQ. And unlike IQ, emotional intelligence can be developed in kids at all stages. Filled with games, checklists and practical parenting techniques, How to Raise a Child with a High EQ will help your child to cope with -- and overcome -- the emotional stress of modern times and the normal problems of growing up.

Clinical psychologist and author of The Defining Decade, Meg Jay takes us into the world of the supernormal: those who soar to unexpected heights after childhood adversity. Whether it is the loss of a parent to death or divorce; bullying; alcoholism or drug abuse in the home; mental illness in a parent or a sibling; neglect; emotional, physical or sexual abuse; having a parent in jail; or growing up alongside domestic violence, nearly 75% of us experience adversity by the age of 20. But these experiences are often kept secret, as are our courageous battles to overcome them. Drawing on nearly two decades of work with clients and students, Jay tells the tale of ordinary people made extraordinary by these all-too-common experiences, everyday superheroes who have made a life out of dodging bullets and leaping over obstacles, even as they hide in plain sight as doctors, artists, entrepreneurs, lawyers, parents, activists, teachers, students and readers. She gives a voice to the supernormals among us as they reveal not only "How do they do it?" but also "How does it feel?" These powerful stories, and those of public figures from Andre Agassi to Jay Z, will show supernormals they are not alone but are, in fact, in good company. Marvelously researched and compassionately written, this exceptional book narrates the continuing saga that is resilience as it challenges us to consider whether -- and how -- the good wins out in the end.

Drawing on what hard science says about the factors that breed happiness in childhood and beyond, here are 10 simple principles for fostering the skills and habits that will set the stage for optimism, emotional health, and confidence for kids.

"Trust me. This is the only baby book you'll ever need! It's amazing, heartwarming, and completely user-friendly. Just add your

Online Library Raising An Emotionally Intelligent Child

heart!" --Christiane Northrup, MD, author of *Mother-Daughter Wisdom*, *The Wisdom of Menopause*, and *Women's Bodies, Women's Wisdom Attached at the Heart* offers readers practical parenting advice for the modern age. In its most basic form, "attachment parenting" is instinctive. A crying baby is comforted and kept close to parents for protection. If hungry, he or she is breastfed. And while it is understood that there is no such thing as perfect parenting, research suggests that there is a strong correlation between a heightened sense of respect, empathy, and affection in those children raised the "attachment parenting" way. In this controversial book, readers will gain much needed insight into childrearing while learning to trust the intuitive knowledge of their child, ultimately building a strong foundation that will strengthen the parent-child bond. Using the Eight Principles of Parenting, readers will learn: How to prepare for baby before birth Why breastfeeding is a must for busy moms When to start feeding solid food How to respond to temper tantrums Sleeping safety guidelines and the benefits of cosleeping Tips for short separation How to practice positive discipline and its rewards Tips for finding and maintaining balance The benefits of using a baby sling and implementing infant massage Tips on dealing with criticism from those opposed or unfamiliar with AP style The dangers surrounding traditional discipline styles of parenting Contrary to popular belief, "attachment parenting" has been practiced in one form or another since recorded history. Over the years, it had been slowly replaced by a more detached parenting style—a style that is now believed by experts to be a lead contributing factor to suicide, depression, and violence. The concept of "attachment parenting"—a term originally coined by parenting experts William and Martha Sears—has increasingly been validated by research in many fields of study, such as child development, psychology, and neuroscience. Also known as "conscious parenting," "natural parenting," "compassionate parenting," or "empathic parenting," its goal is to stimulate optimal child development. While many attachment-parenting recommendations likely counter popular societal beliefs, authors Barbara Nicholson and Lysa Parker are quick to point out that the benefits outweigh the backlash of criticism that advocates of detached parenting may impose.

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