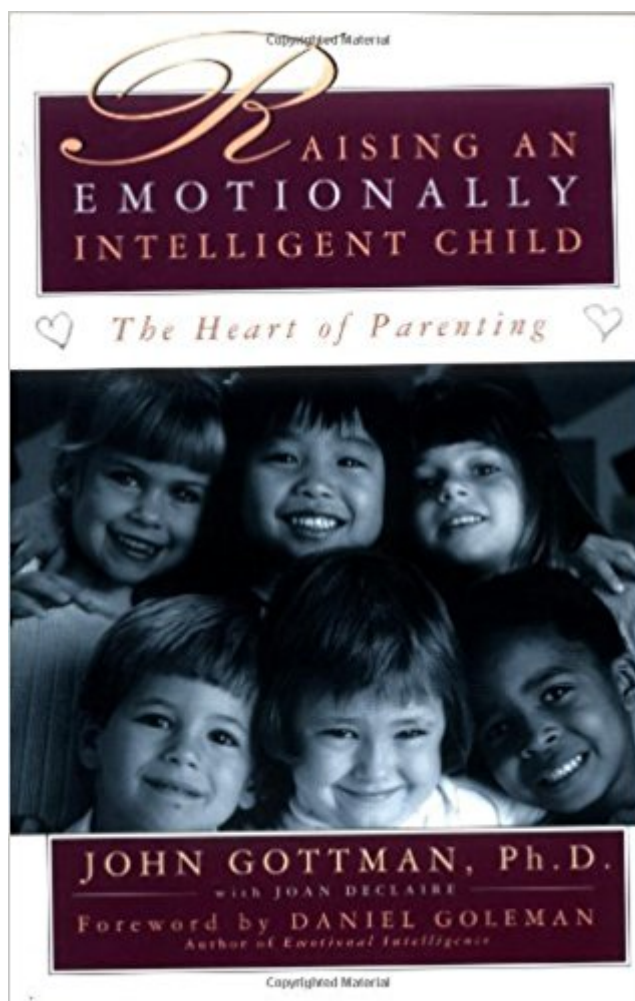


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# Raising An Emotionally Intelligent Child The Heart Of Parenting



## 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

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## Customer Reviews

In Raising an Emotionally Intelligent Child, psychology professor John Gottman explores the emotional relationship between parents and children. It's not enough to simply reject an authoritarian model of parenting, Gottman says. A parent needs to be concerned with the quality of

emotional interactions. Gottman, author of *Why Marriages Succeed or Fail*, and coauthor Joan Declaire focus first on the parent (a "know thyself" approach), and provide a series of exercises to assess parenting styles and emotional self-awareness. The authors identify a five-step "emotion coaching" process to help teach children how to recognize and address their feelings, which includes becoming aware of the child's emotions; recognizing that dealing with these emotions is an opportunity for intimacy; listening empathetically; helping the child label emotions; setting limits; and problem-solving. Chapters on divorce, fathering, and age-based differences in emotional development help make Gottman's teachings detailed and useful. --Ericka Lutz

"A significant gift to parents and children." --Common Boundary

Such an important subject and area of application for ALL Parents. We wish we could provide the complete book to Parenting students of our classes to become Parenting ambassadors, but we can't afford it. As such, we shape our training curriculum around the richness of *Raising An Emotionally Intelligent Child*. It works out.

BEST book on child rearing. Based on years of research it is just a gift to parents. I have recommended this book to--purchased this book for -- many young parents. My only wish was that it was written so that it was a little more "accessible" to young and inexperienced parents. I was reading it (for the hundredth time) the other day through the eyes of someone I sent it to and realized that it assumed some vocabulary insights that I wondered made it straightforward enough. ANYWAY, perhaps it's the job of helpers to make the wise words of this treasure more easy to understand and put into practice! Ah, and there's another book idea -- what does Emotion Coaching look like through every stage of development, more examples of the exchanges would be helpful! Just wishful thinking -- and gratitude!

John Gottman produces the most insightful and inspiring books I have ever read. All his work is well worth the investment. Every parent should own a copy of this book and refer to it on a regular basis. There would be less violence, suicide, depression and school drop out if children were raised by parents who had more empathy and understanding of the important role that emotions play in early childhood. Buy this book and hold it close, it may change your life. Other books that you may find helpful are: *Kids-Parents and Power Struggles*, *How To Talk So Kids Can Listen*, *Got the Baby Where's the Manual*, *Between Parent and Child*, and *Unconditional Parenting*. Kimberley Clayton

Blaine, MA, MFT Licensed Child Therapist founder, [...] Author: *Mommy Confidence: 8 Easy Steps to Reclaiming Balance, Motivation, and Your Inner Diva*

More theory than practice. That will be a plus for some people, for others *Raising Your Spirited Child* will be the better choice. Great, great book for fathers because it emphasizes how important fathers are and is more guy-friendly than most parenting books I've read. Unfortunately, no suggestions for single moms when the dad is less than optimal (whether drugs, mental health or absence are the issue). It's hard to be told we have to do xyz to increase the other parent's role under those circumstances.

Our daughter turns 3 in two months. We tried out some of the techniques in this book during her really emotional tantrums (usually occurring when we need to leave the park or we need to sit down for dinner, or we need to go to bed). Amazing but Gottman's techniques actually work if you manage to take a few minutes.

After using this book to evaluate our parenting styles, I discovered that we were sort of shooting in the dark. The "good" results we were getting from certain practices such as distracting our little one from less desirable emotions like fear and sadness were having impacts on his later interactions and sleep. I didn't make the connection on my own. After following the formula for validating and acknowledging the child's emotions, I found my son, now almost two, responded surprisingly well (we started using these techniques almost a year ago). I've recommended this book to many friends who have also seen a rapid and marked improvement in their children's ability to self-regulate, communicate and recover from stressful situations. I feel so much closer to my son now - like I'm empowered to give him support and unconditional love in a way that really makes a difference for him as a unique and wonderful little individual.

This book has helped so much with both my children and my own emotional control. I've gone from being at wits-end not having a clue what to do, to having internal support and emotional problem-solving skills. Highly recommend for EVERY parent/child care giver.

Other books talk about emotion coaching, but this one actually explains it - with useful, easy to understand examples!!!! As an intelligent person for whom parenting is not intuitive, I really found this book extremely beneficial. I read this book first, and then I found their website that offers an

emotion coaching program for about \$90. The program was so good, that I think it should be required viewing for all parents!!! I don't know if I can post a link to it here, but you can do a web search for "The Gottman Institute Emotion Coaching." The combined book and program give parents the tools to know what to say to their kids - ones that actually work! My kids are 3 & 5, and I wish I had had this book four years ago!!!!

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