

10 Ways to Model Emotional Intelligence for Your Children

By Anne Felt, M.S.

- ❖ **Take care of yourself so that you can take care of them.**
- ❖ **Listen with the intent to hear and to understand feelings.**
- ❖ **Make eye contact.**
- ❖ **Choose your battles (they are not all 10's).**
- ❖ **Set clear and consistent boundaries.**
- ❖ **Model stress management and effective coping skills.**
- ❖ **Give quality attention daily.**
- ❖ **Be respectful of yourself and others.**
- ❖ **Use win-win strategies to teach cooperation.**
- ❖ **Lead by example; actions speak louder than words.**

Today's families face many challenges in creating a balanced, positive, values-based culture in their homes. The 12-hour course Redirecting Children's Behavior offers effective and practical tools and strategies based on Adlerian principles. The goal is to create a family that feels good and fosters emotional health. Parents/caregivers will learn to handle everyday concerns in a way that works for the whole family.

Topics include:

- ❖ **Raising children who are responsible, independent and caring.**
- ❖ **Understanding children's goals in misbehaving.**
- ❖ **Learning effective strategies to manage misbehaviors.**
- ❖ **Motivating children to cooperate and collaborate.**
- ❖ **Developing emotionally intelligent individuals.**
- ❖ **Fostering each child's unique gifts.**

For more information about upcoming Redirecting Children's Behavior courses and for a free 15-minute session with a parent coach, call Anne Felt, MS at 815-267-8387. Make your appointment today and learn to be the expert in your family.

Anne Felt

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