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Paperback, 1998

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**Emotionally
Intelligent Child**

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-

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confidence, greater physical health, better performance in school, and healthier social relationships.

Author Phd John
**Raising An
Emotionally
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Heart of ...**

How to Raise an Emotionally Intelligent Child 1. Label Your Child's Emotions. Kids need to know how to recognize how they're feeling. You can help

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your child by... 2. Show
Empathy. When your
child is
upset—especially when
their emotions seem a
bit on the dramatic
side—it can be... 3.
Model ...

6 Tips for Raising an Emotionally Intelligent Child

From Dr. John Gottman
comes Raising an
Emotionally Intelligent
Child, a modern guide
to raising healthy and

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emotionally intelligent children, with a foreword by Daniel Goleman, New York Times best-selling author of Emotional Intelligence.. Based on 20 years of research at the University of Washington studying parent-child interactions, award-winning research psychologist John Gottman and his ...

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**Raising an
Emotionally
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...

He then translates his
methods into an easy,
five-step "emotion
coaching" process to
help parents: 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

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in words a child can ...

The Heart Of

**Raising an
Emotionally
Intelligent Child:
Book - Parents ...**

Author: PhD John
Gottman, Joan
Dreier, Daniel
Goleman
"To help build a child's
emotional intelligence,
parents can and should
help their kids identify
their emotions daily,
and give them
permission to have and
experience those
emotions," advised
Housman. The more
kids practice

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identifying and
discussing their
emotions, the more
comfortable they will
be managing them.

Author Phd John

**9 Everyday Things
To Do To Raise
Emotionally**

Intelligent ...

Raising an Emotionally
Intelligent Child is John
Gottman's

groundbreaking guide
to teaching children to
understand and
regulate their

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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 by John M. Gottman

8 Signs You're Raising

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Emotionally Intelligent
Children. You teach
kids to pause. "Kids are
impulsive by nature
and when unchecked
they can become
impulsive adults,"
shares Aleasa Word,
certified ... You
encourage
conversation. You
accept and encourage
your child's emotions.
You help your child sort
...

Emotionally
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**Intelligent Children:
How to Raise Them**

Parenting
Paperback 1998
Author: John
Gottman, Joan
Goleman
Raising an Emotionally
Intelligent Child By
John Gottman A book
summary by Lily Talley
After reading this book,
I've been thinking that
my life would have
been much easier if I
had more empathetic
parents. It would have
been great if someone
taught me how to label
my emotions and how
to deal with them.

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Raising an Emotionally Intelligent Child

3 Do's and Don'ts for Raising Emotionally Intelligent Kids

1. Do recognize negative emotions as an opportunity to connect. Use your child's negative emotions as an opportunity to... 2. Do help your child label their emotions. Help your child put words and meaning to how

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they're feeling. Once ...

The Heart Of

**3 Do's and Don'ts
for Raising
Emotionally**

Intelligent Kids

Raising an Emotionally
Intelligent Child is a
guide to teaching
children to understand
and regulate their
emotional world.

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To raise an Emotionally
Intelligent Child,
provide your child
ample opportunity to:
authentically feel a
range of feelings have
a chance to reflect on
their feelings and
decisions problem
solve as they grow and
learn

How To Raise an Emotionally Intelligent Child

Looking to nurture

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emotional intelligence
(EQ) in your child?

Learn high-EQ
parenting strategies
that will help you build
their empathy and
emotional

awareness—and set
them up for lifelong
success. Why is

emotional intelligence
important for children?

Establishing respect for
emotion is the most
important childrearing
task you have as a
parent.

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Raising Emotionally Intelligent Children - HelpGuide.org

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

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children will enjoy
increased self-
confidence, greater
physical health, better
performance in school,
and healthier social
relationships.

Raising an Emotionally Intelligent Child: Amazon.co.uk ...

Raising an Emotionally
Intelligent Child is a
guide to teaching
children to understand
and regulate their

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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.

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**Emotionally
Intelligent Child by
John Gottman ...**

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Emotionally
Intelligent Child | Dr.
John Gottman**

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Get Free Raising An Emotionally Intelligent Child

In the book Raising an Emotionally Intelligent Child, Gottman and coauthor Joan DeClaire point out that such lessons begin as soon as a baby is born.

Simply by responding to your baby when he cries, is hungry or wanting to be held, you show him he can elicit a reaction if he expresses his feelings.

Raising an Emotionally

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**Intelligent Child,
Ages 1 to 3**

Publisher's Summary
From Dr. John Gottman
comes Raising an
Emotionally Intelligent
Child, a modern guide
to raising healthy and
emotionally intelligent
children, with a
foreword by Daniel
Goleman, New York
Times best-selling
author of Emotional
Intelligence.

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**Emotionally
Intelligent Child
(Audiobook) by ...**

Emotion Coaching: The
Key to Raising 1998

Emotionally Intelligent
Kids Diane is already
late for work as she
tries to coax three-year-
old Joshua into his
jacket so she can take
him to daycare. After a
too-quick breakfast and
a battle over which
shoes to wear, Joshua
is tense too. He doesn't
really care that his

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mom has a meeting in
less than an hour.

**Raising An
Emotionally
Intelligent Child:
Gottman Ph.D ...**

Editions for Raising An
Emotionally Intelligent
Child: 0684838656
(Paperback published
in 1998), (Kindle
Edition published in
2011), 0684801302
(Hardcove...

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