

5 WAYS TO SUPPORT YOUR CHILD'S EMOTIONAL INTELLIGENCE

01

LET THEM FEEL ALL OF THEIR EMOTIONS AND SUPPORT THEM OVER TIME TO EXPRESS FEELINGS IN HEALTHY WAYS.

02

SEPARATE THEIR EMOTIONS FROM THEIR BEHAVIOUR.
EG. I CAN'T LET YOU HIT, BUT IT'S OKAY TO FEEL ANGRY

03

KNOW THAT EVERY CHILD'S UNDERDEVELOPED PREFRONTAL CORTEX (PART OF THEIR BRAIN) EXPLAINS A LOT ABOUT THEIR BIG EMOTIONAL OUTBURSTS.

04

PRACTICE EXPRESSING EMOTIONS IN A HEALTHY WAY - CHILDREN LEARN A LOT FROM OBSERVING THEIR PARENTS.

05

LET YOUR KIDS HAVE PLENTY OF FREE PLAY TIME & MOVEMENT. IT'S HOW THEY PROCESS AND EXPLORE EMOTIONS. CHILD-LED PLAY IS ESSENTIAL!

NEED HELP WITH THE ABOVE?
REACH OUT!

WWW.RAISINGRESILIENCEMP.COM.AU
JESS@RAISINGRESILIENCEMP.COM.AU
INSTAGRAM: RAISINGRESILIENCE_MORNINGTON

