



# Gateway to Success Parents' Newsletter

## Building your Teen's Emotional IQ

One of the joys of parenting is to watch our children grow up to be successful adults. Helping your teen develop the skills to understand and manage their emotions will also bolster your child with skills that will make him or her more successful. EQ, or emotional intelligence, is one's ability to manage life's difficult emotions, like sadness, anger, and frustration in a healthy way. Here are some things you can do to help build your teen's EQ.

### Help your child understand his or her feelings

As teens, their emotional state can seem like a roller coaster. That's why it is so important to help teens reflect on their feelings and what caused those feelings. When they are better able to identify their feelings, they are better able to manage them. Don't forget to validate their feelings and help them understand that what they feel is ok. Let them know that all feelings are ok but that it's what you do with those feelings that are important.

### Teach problem-solving skills

When your daughter comes to you saying that she's going to scream at her little brother if she doesn't get the remote control, try to help her find other solutions to her problem. Of course, validate her feelings but ask her what else she could do to solve the problem. If she has a hard time coming up with a response or comes up with an inappropriate response, provide suggestions. This helps them figure out strategies that work for them when their emotions become heightened.

### Model empathy

When you show empathy towards others, your children will also learn how to treat others respectfully. When you also model appropriate conflict resolutions skills, validation towards others and expression of feelings, you are also modeling good emotional IQ!



Gateway to Success

For more information contact the Director of Pupil Services (626) 943-3410

July 2010