

MODULE 4 — PROPER PARENTING MATTERS

RAISING EMOTIONALLY INTELLIGENT CHILDREN

Teaching Feelings, Building Resilience, and Ending the Meltdown Cycle

TOOL 4 — Your Emotional Intelligence Parenting Guide

PART 1 — YOUR EMOTIONAL INTELLIGENCE AS A PARENT

You cannot teach emotional intelligence you do not model. Before assessing your child, assess yourself. Rate each statement 1 (rarely true) to 5 (consistently true).

STATEMENT	1-5
I can name what I am feeling in the middle of a difficult moment	
I regulate my emotions before responding to my child's behavior	
I acknowledge my child's feelings before correcting their behavior	
I do not dismiss, minimize, or mock my child's emotional responses	
I model how to handle anger, disappointment, and frustration well	
I create space for my child to express negative emotions safely	
I stay calm when my child is emotionally escalated	

TOTAL: _____ / 35 28-35 = Strong EQ model. 18-27 = Growth areas exist. Below 18 = Start here.

PART 2 — EMOTION VOCABULARY BUILDER

Children act out emotions they cannot name. Teach them the language of feelings and you hand them the first tool of self-control. Use these words with your child this week — in conversation, not correction.

Frustrated	Overwhelmed	Anxious	Embarrassed
Disappointed	Lonely	Jealous	Ashamed
Excited	Proud	Grateful	Hopeful
Scared	Confused	Left out	Misunderstood

Which emotion does my child struggle to name or express most?

PART 3 — CONNECT THEN REDIRECT: THE EMOTIONAL RESPONSE SEQUENCE

Most parents skip straight to correction. But a child in emotional distress cannot hear instruction — their brain is not available for logic until they feel understood. This sequence changes the outcome every time.

STEP	WHAT TO DO	WHAT TO SAY
1. STOP	Pause your own reaction first. Breathe. Regulate yourself before engaging.	"Give me one moment."
2. CONNECT	Get to their level physically. Acknowledge the emotion without judgment.	"I can see you are really upset right now."
3. VALIDATE	Name the feeling. Make them feel heard — not fixed.	"It makes sense that you feel frustrated."
4. REDIRECT	Now — and only now — address the behavior or solve the problem.	"Let's talk about what happened and what we do next."
5. RESTORE	End with connection. Discipline should never leave the relationship broken.	"I love you. That's why this matters to me."

PART 4 — RESILIENCE BUILDER: ALLOWED STRUGGLE CHART

Resilience is built through struggle — not rescued from it. Every time you step in too quickly, you rob your child of a growth moment. Use this chart to identify where you over-rescue and where you can step back.

SITUATION	MY TYPICAL RESPONSE	BETTER RESPONSE
Child fails at a task or assignment	Fix it or do it for them	Let them struggle, then coach
Child is left out by peers	Call the other parent or intervene	Empathize, then problem-solve together
Child loses a competition or game	Make excuses or blame others	Validate disappointment, teach perspective
Child faces a difficult teacher or coach	Fight their battle for them	Guide them to handle it — then support
Child is bored or uncomfortable	Immediately entertain or rescue	Allow the discomfort — it builds tolerance

PART 5 — YOUR WEEKLY EQ PRACTICE PLAN

Emotional intelligence is built through daily practice — not one conversation. These are your weekly commitments. Simple. Repeatable. Transformative over time.

DAILY PRACTICE	HOW	M	T	W	T	F
Emotion check-in	Ask: "What are you feeling today?" and listen fully					
Model your emotions	Name your own feelings out loud in front of your child					
Validate first	Acknowledge one emotion before correcting one behavior					
Debrief the day	Ask: "What was hard today? What was good?"					
Praise effort	Celebrate persistence — not just results					

PART 6 — YOUR ACTION COMMITMENTS

The emotion my child most needs help managing — and how I will coach them:

One area where I over-rescue my child that I will stop this week:

How I will model healthy emotional regulation in front of my child:

One situation this week where I will connect before I redirect:

PARENT DECLARATION

I commit to raising a child who feels deeply and responds wisely. I will name emotions, validate feelings, model regulation, and allow struggle. I will connect before I correct — every time, not just when it is convenient.

Parent / Couple Signature

Date