



MUMMY
BRAIN
BUILDERS



**EMOTIONAL
REGULATION
SKILLS**

gelecegedokunananneler.com



[gelecegedokunananneler](#)

EMOTIONAL INTELLIGENCE

Emotional intelligence is key in a happy and healthy child-adult relationship. 'Scientific research shows that when compared to IQ, emotional intelligence is the determinant of happiness and health in all areas of life (including family relationships).' –John Gottman, 'Raising An Emotionally Intelligent Child'

Emotional intelligence (EQ), is the ability to perceive, assess and manage the emotions of ourselves and the people around us. These skills are learnt by the child through appropriate experiences and are improved with parental guidance.

The good news is, all children have the capacity to learn emotional intelligence skills. They only need adults to show them how it is done. We suggest you use the following expressions often in order to protect your children from emotional neglect and to develop their emotional awareness:

Are you okay?

Do you want to talk about it?

I believe you!

How do you feel?

I am here for you whenever you need me.

I love you.

I am proud of you.

You are enough.

Everyone can make mistakes. You don't need to be perfect.

All emotions are normal.



NAME THE EMOTIONS

'Mirror' your child. For example, if your child lost in a game you can say, 'You never like losing. You feel really angry right now, don't you?'. Or if the child seems sad you can say; 'You are sad because you couldn't see your friends, right?' Words such as 'Angry', 'sad', 'bored', 'happy', 'excited', 'impatient' can be used during your interactions.



SHOW EMPATHY

For example; if your child is crying not to get out of the bathtub, instead of saying 'You'll get cold and become sick', you can say something more empathetic like; 'Do you know, sometimes I can't leave something that I enjoy doing and I feel sad. It's hard to do it when you don't want to. It will be easier for your child to cooperate because he/she will become calmer when you name the emotion and give empathy with no judgment.



TALK ABOUT EMOTIONS

Talk to your child about emotions every day.

In our book, you can find among many emotional awareness activities the ones from Prof. Dr. Belma Tuğrul's suggestion list useful: 'Guess my emotion' and 'The wheel of emotions'.



SHOW APPROPRIATE WAYS OF EXPRESSING EMOTIONS

The best way to teach your child how to express emotions is to model applying them yourself. For example, saying 'I am sad/angry' or drawing the face of the emotion can be useful.



MODEL HEALTHY WAYS OF COPING

Children need to learn how to healthily cope with their feelings without harming themselves or others. The important point here is to know that children haven't biologically developed self-regulation skills yet. This means they need their parents to guide them when coping with their emotions. When your child gets angry and cannot stop himself/herself, it could be useful to teach taking a couple of deep breaths or to blow bubbles and then try to pop them in order to move the body; if the child feels comfortable, try hugging-crying or even preparing a calming down corner so that he/she get in touch with different emotions.



DEVELOP PROBLEM SOLVING SKILLS

Act like an emotional coach for your child's problem solving skills. When a problem arises ask 'how do you think you can solve this?' and listen to solutions without judgment. Give guidance when necessary, but try to let your child choose and apply his/her own solution.

For detailed information: 'Raising An Emotionally Intelligent Child' (John Gottman, Görünmez A.Y.)

WHICH SKILLS ARE INCLUDED IN EMOTIONAL INTELLIGENCE?

1. Self Awareness/ Emotional Awareness

How do I feel?

2. Empathy

What does my child feel?

3. Intrinsic motivation

Am I able to act in order to take a step towards the solution?

4. Emotional Regulation (Self Regulation)

Am I able to cope with my anxiety, anger, sadness and with stressful situations?

5. Social Skills

How are my communication, conflict management and leadership competencies?

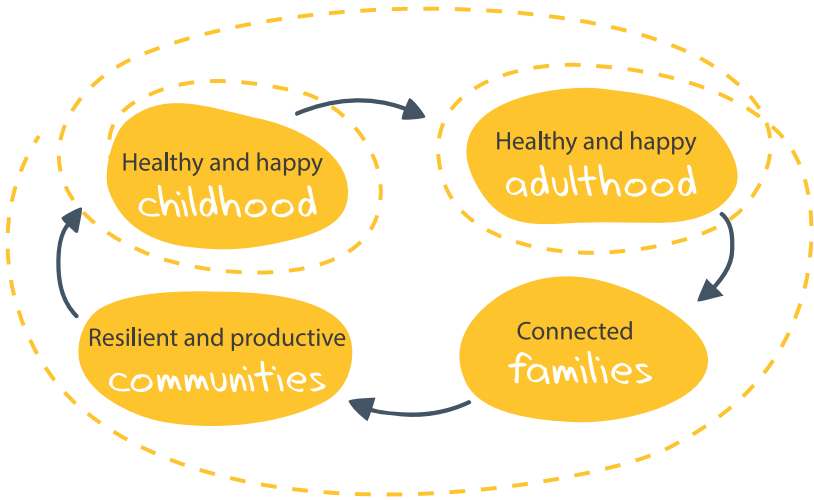
The good news is even if these skills have not developed during childhood, we can improve our EQ when we become adults and we can be a role model for our children because EQ can be learnt at any age.




PROJEMİZHAYAT

As 'Projemiz Hayat' team, our aim is to raise large-scale social awareness and our first of many projects is 'Mummy the Brain Builders' in which the objective is to raise awareness and create solutions to 'childhood emotional neglect'.

We are always here to support with our book, seminars, training programs, web site, volunteers and activities.



For detailed information: “Geleceğe Dokunan Anneler: Çocuklukta Duygusal İhmali Fark Etme, Tanıma, Önleme” (Mothers Who Impact The Future: Identifying, Noticing and Preventing Emotional Neglect During Childhood) (Epsilon Publication, 2020)

www.gelecegedokunananneler.com   [gelecegedokunananneler](https://www.youtube.com/gelecegedokunananneler)

To support our project, you may visit: phocagoods.com