

RAISING KIDS WITH EMOTIONAL INTELLIGENCE



Joe Mitchell School • Parent Education

George Papageorge M.A., LMFT

Licensed Marriage & Family Therapist

Professor of Family Therapy

Santa Clara University



I. UNDERSTANDING OUR KIDS



A. Property Value Principle:

- What are the 3 conditions in Real Estate that gives property higher value & helps it maintain it's value even during difficult times?



Location!
Location!
Location!



Self-Worth

OUR KID'S VALUE= "SELF ESTEEM"

- Q: What 3 conditions give our kid's HIGHER sense of VALUE (higher self esteem) and helps them maintain their value even during difficult times?



CONNECTION, CONNECTION, CONNECTION !



Emotional Connection
at home is the absolute
largest contributor to our
Kid's sense of Self Esteem,
Value & Identity





ATTACHMENT & AUTHENTICITY

- **Non-negotiable Needs:** Gabor Mate' (trauma + unmet needs)
- Insights on **“Addictive personalities”** (compulsive behavior)
- Insights on **“Attachment Styles”**
- Insights on **“Acting Out”** & High Risk Behavior: Connect somewhere”

Q: What makes this difficult to achieve?



PERSON VS. PERFORMANCE: THE BATTLEGROUND OF THEIR MINDS



- Playground vs. Battleground
- Understanding the roots of ANXIETY
- Shame vs. Guilt





E. "EMOTIONAL INTELLIGENCE" IN OUR PARENTING:

- **Dr. John Gottman Quote :**
- Our results tell us a simple, yet compelling story. We have found that most parents fall into **one of two broad categories:**



**THOSE WHO GIVE THEIR
CHILDREN GUIDANCE
ABOUT THE WORLD OF
EMOTION AND THOSE
WHO DON'T."**



II. UNDERSTANDING OUR **PARENTING** **STYLES**

- **“CONNECTION”** AS OUR ORGANIZING PRINCIPLE
- RESEARCH IN FAMILY THERAPY
- THE EMOTIONAL CLASSROOM





yayimages.com/image/fileid/18720539

A. THE “DISMISSING” PARENT

B. THE “DISAPPROVING” PARENT

C. THE “LAISSEZ-FAIRE” PARENT

D. THE “HELICOPTER” PARENT

E. THE “EMOTION COACH”



A. THE “DISMISSING” PARENT

- Treats child’s feelings as trivial
- Wants child’s **NEGATIVE** emotions to disappear quickly
- **May lack awareness of emotions in SELF & others**
- Feels uncomfortable (fearful, anxious, annoyed, hurt, overwhelmed) by the child’s emotions
- Believes negative emotions of child **reflects badly** on the parents
- **Minimizes the child’s feelings**



Reflection Questions:
Q: What effects does this style have on our children?



B. THE “DISAPPROVING” PARENT

- Judges & criticizes the child for emotional expression
- Believes that negative emotions are unproductive, waste of time
- Over focus on child’s obedience to authority
- Believes that negative emotions reflect bad character traits



Reflection Questions:
Q: What effects does this style have on our children?



C. THE “LAISSEZ-FAIRE” PARENT

- Freely **accepts** emotional expression from the child
- Offers **comfort** to the child
- Offers **little guidance** to the child
- Is **permissive** and does not set limits
- Does **not** problem solve and is often conflict avoidant



Reflection

Questions:

Q: What effects does this style have on our children?



D. THE “HELICOPTER” PARENT™

- Feels and **carries the pain** of the child
- Sees **rescue** of the child as a central task of parenting
- Transfers their **unresolved issues** onto the child
- **Unclear** where their own **boundaries** END and the boundaries of the child BEGIN
- Feels **failure** for their child



Reflection Questions:

Q: What effects does this style have on our children?



E. THE “EMOTION COACH”

- **Values** the Child’s emotions as an opportunity for closeness
- Can **tolerate** spending time with a sad, angry, or fearful child
- **Respects** the child’s emotions
- Does not have to “FIX” every problem for the child
- **Uses emotional moments to:** *listen to the child, help the child label the emotion, sets limits and teaches acceptable & effective expression of emotion*
- Teach **problem solving** skills



LATIN WORD for DISCIPLE

STETHOSCOPE

EQ= self awareness & empathy



