BUILDING EMOTIONALLY STRONG CHILDREN?

by:
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Halaczinsky wrote in her article that 71% of hiring managers said Emotional Intelligence (EQ) is more important than Intelligence Quotient (IQ). 95% of employers would not hire someone who has a high IQ but low EQ. This is because intelligence quotient makes up only 20 percent of the factors that conclude life achievement, while other forces, such as emotional quotient, wealth, temperament, family education levels and pure luck make up the balance. (Kadane) This means to be successful in life one’s IQ traits must be rounded with social-emotional skills. These are developed in our formative years at home and in school which often provide the foundation for future habits later on in life.

In 1996, Dan Goleman popularized Emotional Intelligence (EI or EQ). It was defined as the ability to recognize, understand and manage our own emotions. One must also be able to recognize, understand and influence the emotions of others.

Having a high EQ cannot be achieved in one night. Parents and teachers need to invest time and energy to build emotionally strong children. Children who believe they are masters of their fate, who feel they belong and who feel competent are more likely to become strong resilient children and adults. (Wyckoff & Unell, 2002)

Children with high EQ thrive in the climate in which parents and teachers:

1. Accept children’s inborn personality and temperament- According to Susan Baxter, an Early Childhood Education Instructor, temperaments are inborn personality characteristics or inborn traits that a child has. Parents and teachers must be able to accept, respect and create a safe environment where the child doesn't feel ashamed for being who they are.
2. Help them develop a sense of responsibility for their actions- Ask children to perform tasks with clear and positive instructions and provide them adequate time to complete it. Let them know the consequences if they will not be able to do their tasks on time. This way their sense of accountability will be developed.

3. Create a loving and safe environment built on mutual trust- To developed this one must give ample time, provide open and genuine communication, show dependability and reliability, plus acknowledge errors. (Bark Blog, 2016)

4. Teach them decision-making and problem-solving skills- Problem solving skills are invaluable, when children learn this they can be able to make good and sound decisions, thus good parents/teachers do not provide answers instead they guide them on how to solve the problems.

5. Show them how to handle mistakes as challenges rather than as disaster- Parents/Teachers should make children realize that everyone makes mistakes and that they can be corrected regardless of how big they are.

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