Building Social Emotional Intelligence – Parent Slides

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The New 3 R’s

• Respect – for self and others

• Resilience – I need to fall to know I can bounce

• Responsibility – not being judged or harshly dealt with means I will openly acknowledge my mistakes & take responsibility to fix things
Emotional Intelligence

• 80% of our success as adults is dependent on our Emotional Intelligence (Daniel Goleman)

• EQ
  – Knowing one’s emotions
  – Managing one’s emotions
  – Motivating oneself
  – Recognising emotions in others
  – Handling relationships
Developmental Stages
Lower Primary P-2

• Gender neutral – preferring peers of same sex
• Friendships fluid
• Strong fantasy world
• Dependent emotionally – starting to regulate
• Anxious to feel valued, to impress
• Concrete thinking – black & white, literal interpretation
Middle Primary 3-4

- Greater enjoyment of being alone
- Discovering gender and sexual identity
- Friendships solidified
- Respond actively to feelings & needs of others
- Striving to win
- Increased sensitivity to criticism or cues of disapproval
- Fantasy/reality
- Understanding how the world works – more abstract thinking
Upper Primary 5-6

- Self conscious of appearance, identity, values
- Friendships are important
- Interested in social issues
- Recognition of sexual feelings
- Question limits & parents’ values
- Mood swings
- Requires privacy
- Abstract thinking
Needs during developmental stages

- 6–12yrs
  - Social skills
  - Success – learning & physical
  - Morality – rules to learn what is right/wrong
  - Role Models for future identity
  - Preparing for more independence – adolescence
  - Taking more responsibility
  - Abstract thinking – creative play, writing, imagination
  - Using language in various social situations
Lower Primary need:

- Friendship games
- Team building activities
- Nurturing
- Reading for fun
- Making patterns
- Craft
- Taking turns
- Sharing
- Community events
Middle Primary need:

- Learning empathy
- Win-win games
- Journal keeping
- Private reading time
- Role play
- Story telling around gender
- Group development of rules
Upper Primary need:

- Journal keeping
- Listening games
- Problem solving
- Communication games
- Exploring prejudices
- Body image games
- Leadership

- Public speaking
- Cultural knowledge
- Participation in decision making
- Celebrating success
- Rituals
- Generalising rules
Resilient Children

- Self confidence
- Sense of competence
- Resourceful
- Normalise instead of personalise
- Optimistic explanatory style
- Hopeful
- Understanding
- Appropriate use of humour
- Big picture people
Early Childhood & Beginning School

- Unstructured play in a natural environment
- Quiet time alone
- As little TV and passive visual activity as possible
- Lots of magical stimulation, imaginary games and play before 6 years of age
- No inappropriate TV programs or videos
- Give lots of genuine praise & encouragement
Parenting Primary-aged Children

- Don’t worry about little things such as messy bedrooms or what they wear
- Offer guidance and direction – not lectures
- Accept their different personalities
- Trust them + help them trust others
- Show affection – suitable to age
- When they make a decision you aren’t happy with it doesn’t mean they didn’t listen – they just didn’t agree
Parenting Primary-aged Children

- Spend time alone with them
- Allow and respect their privacy
- Be a parent not a ‘best friend’
- Pre plan/ agree on TV viewing times & shows
- Set limits – phone, tv, computer, internet, screen time
- Listen more, interrupt less
- Don’t deny the child inside yourself
What Hurts
• Helicopter parents
• Being kept ‘happy’
• Problem focus
• Busy parents
• Fixing things for me
• Perfectionism
• Inappropriate tv/social media

What Helps
• A tribe
• Falling so I can bounce
• Being active
• Optimism
• Modelling managing emotions/life
• Problem solving
• Flexibility
• Unstructured time/play
Things to Try

• Focusing on strengths not just skills – what they are good at being not just doing
• WWW - What went well today?
• Strengths focus – www.authentichappiness.org - register, go to Questionnaires - Signature Strengths – adult & children versions are available
• Gratitude lists
• Random acts of kindness
• 6 of the Best: Best thing today - ate, saw, found funny, did for someone, received, did for myself
“One of the reasons adults should look as if they’re having fun, is to give kids a reason to grow up”

Patch Adams
Thank You!

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