

Nurture Your Child's Emotional Intelligence

5 Steps to Help Your Child Cope with
Big Emotions and Build Resilience

Dr Anne Lane

สำนักหอสมุด มหาวิทยาลัยเชียงใหม่

6165 60474

012527087

1225 83497

NURTURE YOUR CHILD'S EMOTIONAL INTELLIGENCE

5 Steps to Help Your Child
Cope with Big Emotions and
Build Emotional Resilience

BY DR ANNE LANE



WELBECK
BALANCE

CONTENTS

Prologue	ix
Introduction: Emotional Intelligence and Your Growing Child.	xi
PART ONE: Understanding Emotions	1
1 Your Child's World of Emotions – and Your Role in It	3
2 Opening Up to Difficult Emotions	21
3 Helping Your Child Understand Emotions	31
4 Good Enough Parenting	53
5 Emotional Repairs	63
PART TWO: Five Steps to EQ	83
6 Emotional Growth Through the Five Steps	85
7 Step 1: Aim for Simplicity	89
8 Step 2: Encourage Acceptance	113
9 Step 3: Respond with Compassion	137
10 Step 4: Increase Playfulness	163
11 Step 5: 'Contain' and Connect to Difficult Emotions	195
Final Words: Developing Emotional Ease and Connection	221
Acknowledgements	225
References	227
Useful Resources	229