



## 6 Tips for Raising an Emotionally Intelligent Child

### 1. Lead by example

From the moment they were born, your child has been learning from you. If a child can observe your emotions, they will begin to understand their own.

### 2. Help your child label their emotions

If your child finds it hard to express how they feel, or becomes frustrated when you try to talk about their emotions, creating a list of emotions for kids may help. Even toddlers can start to understand emotions if you create the list in picture form

### 3. Show empathy to validate feelings

Even if it seems that your child has burst into tears over something inconsequential, it is important to remember that their feelings are as real as any adult's.

### 4. Teach your child how to cope

Strong emotions such as anger or frustration can be hard to manage. Your child will look to you to understand how they can manage the way they feel. Although you might shy away from showing or telling your child how you cope with life's ups and downs, it is important to be honest with them and model coping behaviors.

### 5. Remember: Mistakes are normal

It is normal to make mistakes, but children don't always know this. They may think they have to be 'perfect' all the time. It is important for your child to understand that it takes time to regulate emotions, and that friendships and relationships have ups and downs.

### 6. Use play to guide discussions

Children learn when they are playing. In young children, use role play or dolls to guide discussions around emotions. Ask your child how a doll might be feeling in a certain situation, or act out a character who is feeling jealous, sad or angry. This exposure to emotions in a safe environment can help children to better understand feelings and discover empathy.

More resources from <https://calmerry.com/>

## Mental Health Starts Early Book List

### Social-Emotional Learning & Feelings

*In My Heart: A Book of Feelings* by Jo Witek

*Así es mi corazón* • ages 2-5

*The Boy with Big, Big Feelings* by Britney Winn Lee • ages 3-6

*The Color Monster* by Anna Llenas

*El Monstruo de Colores* • ages 2-5

*La Catrina: Emotions -Emociones* by Patty Rodriguez • ages 1-3

*Besos for Baby* by Jen Arena • ages 0-2

*Life Doesn't Frighten Me* by Maya Angelou • ages 2+

*Listening to My Body* by Gabi Garcia

*Escuchando a mi Cuerpo* • ages 3+

*Breathe Like a Bear* by Kira Willey

*Respira como un oso* • ages 3-6

*Unraveling Rose* by Brian Wray • ages 5+

*Better Together* by Dr. Melissa Munro Boyd • ages 3+

*My Heart Fills With Happiness* by Monique Gray Smith

*Mi corazón se llena de alegría* • ages 0-2

Full book list [here](#) [MentalHealthStartsEarly.com](https://www.mentalhealthstartsearly.com)

## 5 Little Snowmen



Five little snowmen riding on a sled,  
One fell off and bumped his head.

I called Frosty and Frosty said,

"No more snowmen sliding on that sled."

Four Little snowmen riding on a sled

One fell off and bumped his head.

I called Frosty and Frosty said,

"No more snowmen sliding on that sled."

Three little snowmen riding on a sled,

I called Frosty and Frosty said,

"No more snowmen sliding on that sled."

Two Little snowmen riding on a sled

One fell off and bumped his head.

I called Frosty and Frosty said,

"No more snowmen sliding on that sled."

One little snowmen riding on a sled,

I called Frosty and Frosty said,

"No more snowmen sliding on that sled."

