

Emotional intelligence as educational resource for parents

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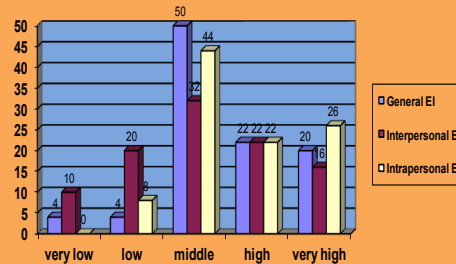
Introduction

Good parenting requires more than intellect. It touches a dimension of the personality that's been ignored in much of the advice dispensed to parents over the past thirty years. Good parenting involves emotion. In the last decade or so, science has discovered a tremendous amount about the role emotions play in our lives. Researchers have found that even more than IQ, your emotional awareness and ability to handle feelings will determine your success and happiness in all walks of life, including family relationships. For parents, the quality of "emotional intelligence" (EI) - means being aware of your children's feelings, and being able to empathize, soothe, and guide them. For children, who learn most lessons about emotion from their parents, it includes the ability to control impulses, delay gratification, motivate themselves, read other people's social cues, and cope with life's stressful situations.

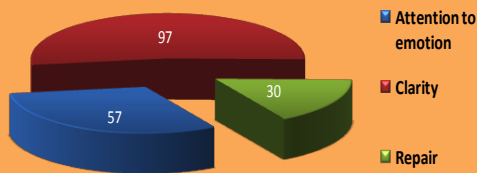
Methods

Research methods were used as follows:

- 1) EmIn questionnaire for emotional intelligence of Lusin D.V.
- 2) TMMS (the Trait Meta Mood Scale) for emotional intelligence
- 3) Rene Gille test for children emotional state
- 4) Picture test measuring personality of children



Results



Conclusion

Many schools are implementing and infusing social and emotional learning competency building into their daily curriculum; many educators are honing their social and emotional skills through workshops and self study, but main educators of the children still are the parents and they too can bring social and emotional learning into their daily lives. The EI level of the parents can be a predictor of emotional intelligence development in children. The understanding of the emotions and ability to control them is an important and necessary component in social life of the personality. And also these abilities play an important role in development of a self-assessment, empathy, self-controlling of the growing-up child.

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