

GOTTMAN RAISING AN EMOTIONALLY INTELLIGENT CHILD

****GOTTMAN RAISING AN EMOTIONALLY INTELLIGENT CHILD: NURTURING EMOTIONAL WISDOM FROM THE START****

GOTTMAN RAISING AN EMOTIONALLY INTELLIGENT CHILD IS A CONCEPT ROOTED IN THE GROUNDBREAKING RESEARCH OF DRs. JOHN AND JULIE GOTTMAN, RENOWNED FOR THEIR WORK ON RELATIONSHIPS AND EMOTIONAL INTELLIGENCE. THEIR APPROACH TO PARENTING, OFTEN REFERRED TO AS "EMOTION COACHING," PROVIDES A COMPASSIONATE AND EFFECTIVE FRAMEWORK TO HELP PARENTS RAISE CHILDREN WHO UNDERSTAND, EXPRESS, AND MANAGE THEIR EMOTIONS IN HEALTHY WAYS. AS EMOTIONAL INTELLIGENCE BECOMES INCREASINGLY RECOGNIZED AS A KEY FACTOR IN LIFELONG SUCCESS AND WELLBEING, THE GOTTMAN METHOD OFFERS INVALUABLE TOOLS FOR PARENTS EAGER TO FOSTER THESE SKILLS FROM EARLY CHILDHOOD.

UNDERSTANDING THE GOTTMAN APPROACH TO EMOTIONAL INTELLIGENCE

THE GOTTMAN METHOD CENTERS ON THE IDEA THAT EMOTIONS ARE FUNDAMENTAL TO HUMAN EXPERIENCE AND THAT CHILDREN BENEFIT IMMENSELY WHEN PARENTS ACT AS GUIDES IN NAVIGATING THEIR EMOTIONAL WORLD. RATHER THAN DISMISSING OR SUPPRESSING FEELINGS, GOTTMAN PARENTING ENCOURAGES VALIDATION, EMPATHY, AND TEACHING EMOTIONAL LITERACY. THIS APPROACH IS NOT ABOUT PERFECTION BUT CONNECTION—HELPING CHILDREN FEEL SEEN AND UNDERSTOOD, WHICH BUILDS THEIR CONFIDENCE AND EMOTIONAL RESILIENCE.

WHAT IS EMOTION COACHING?

EMOTION COACHING IS THE HEART OF THE GOTTMAN APPROACH. IT INVOLVES FIVE KEY STEPS PARENTS USE TO HELP THEIR CHILD PROCESS EMOTIONS:

1. ****BE AWARE OF THE CHILD'S EMOTION.**** RECOGNIZING WHEN YOUR CHILD IS UPSET, FRUSTRATED, OR JOYFUL IS THE FIRST STEP.
2. ****CONNECT EMOTIONALLY.**** INSTEAD OF DISMISSING FEELINGS, PARENTS ACKNOWLEDGE AND VALIDATE THE CHILD'S EXPERIENCE.
3. ****LABEL EMOTIONS.**** HELPING CHILDREN PUT NAMES TO THEIR FEELINGS BUILDS EMOTIONAL VOCABULARY AND AWARENESS.
4. ****SET LIMITS WHILE EMPATHIZING.**** IT'S IMPORTANT TO GUIDE BEHAVIOR WITHOUT INVALIDATING EMOTIONS.
5. ****PROBLEM-SOLVE TOGETHER.**** PARENTS HELP CHILDREN FIND CONSTRUCTIVE WAYS TO HANDLE EMOTIONAL CHALLENGES.

THIS METHOD EMPOWERS CHILDREN TO UNDERSTAND EMOTIONS AS NATURAL AND MANAGEABLE, RATHER THAN OVERWHELMING OR SCARY.

WHY EMOTIONAL INTELLIGENCE MATTERS IN CHILDHOOD

EMOTIONAL INTELLIGENCE—OFTEN ABBREVIATED AS EQ—IS THE ABILITY TO IDENTIFY, UNDERSTAND, AND MANAGE ONE'S OWN EMOTIONS WHILE ALSO RECOGNIZING AND INFLUENCING THE EMOTIONS OF OTHERS. RESEARCH HAS SHOWN THAT CHILDREN WITH HIGHER EQ TEND TO HAVE BETTER SOCIAL SKILLS, ACADEMIC PERFORMANCE, AND MENTAL HEALTH OUTCOMES.

THE ROLE OF PARENTS IN DEVELOPING EQ

PARENTAL INFLUENCE IS CRUCIAL IN SHAPING A CHILD'S EMOTIONAL LANDSCAPE. THE WAY A PARENT RESPONDS TO A CHILD'S FEELINGS CAN EITHER NURTURE OR HINDER EMOTIONAL DEVELOPMENT. FOR INSTANCE, DISMISSIVE OR PUNITIVE REACTIONS CAN LEAD TO CHILDREN SUPPRESSING FEELINGS OR BECOMING CONFUSED ABOUT THEIR EMOTIONAL EXPERIENCES. ON THE OTHER HAND, THE GOTTMAN APPROACH TEACHES PARENTS TO ENGAGE WITH THEIR CHILDREN'S EMOTIONS THOUGHTFULLY, FOSTERING A SECURE ATTACHMENT AND EMOTIONAL COMPETENCE.

LONG-TERM BENEFITS OF RAISING EMOTIONALLY INTELLIGENT CHILDREN

CHILDREN RAISED WITH EMOTIONAL INTELLIGENCE TOOLS OFTEN GROW INTO ADULTS WHO:

- COMMUNICATE MORE EFFECTIVELY
- MANAGE STRESS AND CONFLICT WITH EASE
- SHOW EMPATHY AND COMPASSION TOWARDS OTHERS
- BUILD STRONGER RELATIONSHIPS AT WORK AND IN THEIR PERSONAL LIVES
- EXPERIENCE LESS ANXIETY AND DEPRESSION

THESE OUTCOMES ILLUSTRATE WHY GOTTMAN RAISING AN EMOTIONALLY INTELLIGENT CHILD STRATEGIES ARE NOT JUST ABOUT CHILDHOOD BEHAVIOR BUT ABOUT LIFELONG EMOTIONAL HEALTH.

APPLYING GOTTMAN'S TECHNIQUES IN EVERYDAY PARENTING

INTEGRATING EMOTION COACHING INTO DAILY LIFE MIGHT SEEM DAUNTING, BUT IT BECOMES NATURAL WITH PRACTICE. HERE ARE SOME PRACTICAL WAYS PARENTS CAN BRING GOTTMAN'S INSIGHTS INTO THEIR ROUTINES.

RECOGNIZING EMOTIONAL MOMENTS

WHETHER YOUR CHILD IS UPSET OVER A LOST TOY OR EXCITED ABOUT A SCHOOL ACHIEVEMENT, THESE MOMENTS ARE OPPORTUNITIES FOR EMOTIONAL LEARNING. PAYING CLOSE ATTENTION AND TUNING INTO YOUR CHILD'S EMOTIONAL STATE IS THE FIRST STEP IN EMOTION COACHING.

USING LANGUAGE TO TEACH EMOTIONS

CHILDREN OFTEN LACK THE WORDS TO EXPRESS WHAT THEY FEEL. PARENTS CAN HELP BY USING CLEAR AND SIMPLE LANGUAGE TO NAME EMOTIONS. FOR EXAMPLE, SAYING, "YOU SEEM REALLY FRUSTRATED BECAUSE YOU CAN'T TIE YOUR SHOES," HELPS A CHILD CONNECT FEELINGS AND WORDS.

BALANCING EMPATHY AND BOUNDARIES

ONE OF THE CHALLENGES PARENTS FACE IS SETTING LIMITS WHILE VALIDATING FEELINGS. GOTTMAN'S METHOD STRESSES THAT EMOTIONS ARE NEVER "WRONG" BUT BEHAVIORS SOMETIMES ARE. SAYING, "I UNDERSTAND YOU'RE ANGRY, BUT IT'S NOT OKAY TO HIT," TEACHES CHILDREN THAT FEELINGS ARE ACCEPTABLE, BUT ACTIONS HAVE CONSEQUENCES.

ENCOURAGING PROBLEM-SOLVING SKILLS

AFTER VALIDATING EMOTIONS, GUIDING CHILDREN TOWARD SOLUTIONS IS VITAL. THIS CAN BE AS SIMPLE AS BRAINSTORMING WAYS TO SHARE TOYS OR CALM DOWN WHEN UPSET. THIS COLLABORATION BOOSTS A CHILD'S CONFIDENCE AND DECISION-MAKING ABILITIES.

COMMON CHALLENGES AND HOW THE GOTTMAN METHOD HELPS

PARENTING IS FILLED WITH EMOTIONAL UPS AND DOWNS, AND EVEN THE MOST WELL-INTENTIONED CAREGIVERS CAN STRUGGLE

WITH RESPONDING EFFECTIVELY TO INTENSE EMOTIONS.

MANAGING TANTRUMS AND MELTDOWNS

DURING TANTRUMS, IT'S TEMPTING TO REACT WITH FRUSTRATION OR ANGER. THE GOTTMAN APPROACH SUGGESTS STAYING CALM, ACKNOWLEDGING THE CHILD'S FEELINGS, AND OFFERING COMFORT. THIS NOT ONLY SOOTHES THE CHILD BUT MODELS EMOTIONAL REGULATION.

DEALING WITH PARENTAL STRESS

PARENTS UNDER STRESS MAY FIND IT HARD TO ENGAGE IN EMOTION COACHING CONSISTENTLY. PRACTICING SELF-CARE AND RECOGNIZING YOUR OWN EMOTIONAL TRIGGERS CAN IMPROVE YOUR ABILITY TO PARENT WITH EMPATHY. AFTER ALL, EMOTIONALLY INTELLIGENT PARENTING STARTS WITH AWARENESS OF YOUR OWN EMOTIONS.

CONSISTENCY OVER PERFECTION

NO PARENT IS PERFECT, AND THE GOTTMAN APPROACH EMBRACES THIS REALITY. WHAT MATTERS MOST IS THE ONGOING EFFORT TO CONNECT AND COMMUNICATE OPENLY WITH YOUR CHILD. OVER TIME, THESE CONSISTENT INTERACTIONS BUILD A STRONG EMOTIONAL FOUNDATION.

INTEGRATING GOTTMAN PRINCIPLES BEYOND PARENTING

THE BENEFITS OF GOTTMAN RAISING AN EMOTIONALLY INTELLIGENT CHILD EXTEND BEYOND THE FAMILY. SCHOOLS, CAREGIVERS, AND COMMUNITIES CAN ADOPT EMOTION COACHING PRINCIPLES TO CREATE SUPPORTIVE ENVIRONMENTS WHERE CHILDREN THRIVE EMOTIONALLY.

EMOTION COACHING IN SCHOOLS

SOME SCHOOLS USE GOTTMAN-INSPIRED PROGRAMS TO TEACH EMOTIONAL LITERACY, CONFLICT RESOLUTION, AND EMPATHY IN THE CLASSROOM. THESE PROGRAMS HELP CHILDREN CARRY EMOTIONAL INTELLIGENCE SKILLS INTO PEER RELATIONSHIPS AND ACADEMIC SETTINGS.

BUILDING EMOTIONAL INTELLIGENCE IN FAMILIES AND COMMUNITIES

WHEN FAMILIES AND COMMUNITIES EMBRACE EMOTION COACHING, CHILDREN EXPERIENCE A CONSISTENT MESSAGE THAT EMOTIONS ARE VALUABLE AND MANAGEABLE. THIS COLLECTIVE APPROACH NURTURES HEALTHIER SOCIAL DYNAMICS AND EMOTIONAL WELLBEING ON A BROADER SCALE.

RAISING AN EMOTIONALLY INTELLIGENT CHILD THROUGH THE GOTTMAN METHOD IS A JOURNEY FILLED WITH LEARNING, PATIENCE, AND CONNECTION. BY EMBRACING EMOTION COACHING AND FOSTERING EMPATHY, PARENTS LAY THE GROUNDWORK FOR CHILDREN TO NAVIGATE LIFE'S EMOTIONAL TERRAIN WITH CONFIDENCE AND COMPASSION. AS THESE SKILLS GROW, THEY RIPPLE OUTWARD, ENRICHING RELATIONSHIPS AND COMMUNITIES ALIKE.

FREQUENTLY ASKED QUESTIONS

WHAT IS THE GOTTMAN APPROACH TO RAISING AN EMOTIONALLY INTELLIGENT CHILD?

THE GOTTMAN APPROACH FOCUSES ON EMOTIONAL COACHING, WHERE PARENTS RECOGNIZE, VALIDATE, AND GUIDE THEIR CHILDREN'S EMOTIONS TO HELP THEM UNDERSTAND AND REGULATE THEIR FEELINGS EFFECTIVELY.

HOW DOES EMOTIONAL COACHING BENEFIT CHILDREN ACCORDING TO THE GOTTMAN METHOD?

EMOTIONAL COACHING HELPS CHILDREN DEVELOP BETTER EMOTIONAL AWARENESS, STRONGER RELATIONSHIPS, IMPROVED PROBLEM-SOLVING SKILLS, AND GREATER RESILIENCE TO STRESS.

WHAT ARE THE KEY STEPS IN GOTTMAN'S EMOTIONAL COACHING TECHNIQUE?

THE KEY STEPS INCLUDE BEING AWARE OF THE CHILD'S EMOTIONS, VIEWING EMOTIONAL MOMENTS AS OPPORTUNITIES FOR CONNECTION, LISTENING EMPATHETICALLY, HELPING THE CHILD LABEL THEIR EMOTIONS, AND SETTING LIMITS WHILE PROBLEM-SOLVING TOGETHER.

HOW CAN PARENTS APPLY GOTTMAN'S PRINCIPLES DURING THEIR CHILD'S TANTRUMS?

PARENTS SHOULD STAY CALM, ACKNOWLEDGE AND VALIDATE THE CHILD'S FEELINGS, HELP THEM NAME THEIR EMOTIONS, AND GUIDE THEM TOWARD APPROPRIATE WAYS TO EXPRESS AND MANAGE THEIR FEELINGS.

WHY IS IT IMPORTANT TO VALIDATE A CHILD'S EMOTIONS IN THE GOTTMAN FRAMEWORK?

VALIDATING EMOTIONS HELPS CHILDREN FEEL UNDERSTOOD AND ACCEPTED, WHICH BUILDS TRUST AND EMOTIONAL SECURITY, ENABLING THEM TO BETTER REGULATE THEIR FEELINGS AND DEVELOP EMPATHY.

CAN GOTTMAN'S EMOTIONAL COACHING BE APPLIED TO CHILDREN OF ALL AGES?

YES, GOTTMAN'S EMOTIONAL COACHING TECHNIQUES CAN BE ADAPTED FOR CHILDREN OF VARIOUS AGES, FROM TODDLERS TO ADOLESCENTS, BY ADJUSTING COMMUNICATION STYLES AND EXPECTATIONS ACCORDINGLY.

HOW DOES RAISING AN EMOTIONALLY INTELLIGENT CHILD IMPACT THEIR FUTURE RELATIONSHIPS?

CHILDREN RAISED WITH EMOTIONAL INTELLIGENCE TEND TO HAVE HEALTHIER, MORE EMPATHETIC RELATIONSHIPS, BETTER CONFLICT RESOLUTION SKILLS, AND STRONGER SOCIAL CONNECTIONS THROUGHOUT THEIR LIVES.

WHAT ROLE DOES PARENTAL SELF-AWARENESS PLAY IN GOTTMAN'S METHOD?

PARENTAL SELF-AWARENESS IS CRUCIAL AS IT ALLOWS PARENTS TO MANAGE THEIR OWN EMOTIONS EFFECTIVELY, MODEL HEALTHY EMOTIONAL BEHAVIOR, AND RESPOND THOUGHTFULLY TO THEIR CHILD'S EMOTIONAL NEEDS.

ARE THERE ANY RECOMMENDED RESOURCES BY THE GOTTMANS FOR PARENTS WANTING TO RAISE EMOTIONALLY INTELLIGENT CHILDREN?

YES, PARENTS CAN REFER TO BOOKS LIKE "RAISING AN EMOTIONALLY INTELLIGENT CHILD" BY JOHN GOTTMAN AND WORKSHOPS OFFERED BY THE GOTTMAN INSTITUTE, WHICH PROVIDE PRACTICAL TOOLS AND STRATEGIES FOR EMOTIONAL COACHING.

ADDITIONAL RESOURCES

GOTTMAN RAISING AN EMOTIONALLY INTELLIGENT CHILD: A PROFESSIONAL REVIEW

GOTTMAN RAISING AN EMOTIONALLY INTELLIGENT CHILD REPRESENTS A PIONEERING APPROACH IN PARENTING THAT EMPHASIZES EMOTIONAL AWARENESS, REGULATION, AND COMMUNICATION. DEVELOPED BY DRs. JOHN AND JULIE GOTTMAN, THIS METHODOLOGY IS GROUNDED IN EXTENSIVE RESEARCH INTO FAMILY DYNAMICS AND EMOTIONAL DEVELOPMENT. AS EMOTIONAL INTELLIGENCE INCREASINGLY GAINS RECOGNITION FOR ITS IMPACT ON LIFELONG WELLBEING AND INTERPERSONAL SUCCESS, THE GOTTMAN APPROACH OFFERS PRACTICAL TOOLS FOR PARENTS SEEKING TO NURTURE EMOTIONALLY COMPETENT AND RESILIENT CHILDREN.

UNDERSTANDING THE GOTTMAN APPROACH TO EMOTIONAL INTELLIGENCE IN CHILDREN

THE GOTTMAN METHOD FOR RAISING AN EMOTIONALLY INTELLIGENT CHILD CENTERS ON TEACHING PARENTS TO BECOME "EMOTION COACHES." THIS CONCEPT IS BASED ON GUIDING CHILDREN THROUGH THEIR EMOTIONAL EXPERIENCES RATHER THAN DISMISSING OR MINIMIZING FEELINGS. UNLIKE TRADITIONAL PARENTING STYLES THAT MAY PRIORITIZE OBEDIENCE OR ACADEMIC ACHIEVEMENT, THE GOTTMAN FRAMEWORK PRIORITIZES EMOTIONAL VALIDATION AND TEACHING CHILDREN HOW TO MANAGE THEIR FEELINGS CONSTRUCTIVELY.

AT ITS CORE, THIS APPROACH RECOGNIZES THAT CHILDREN'S EMOTIONAL DEVELOPMENT IS FOUNDATIONAL TO OTHER AREAS OF GROWTH, INCLUDING SOCIAL SKILLS, ACADEMIC SUCCESS, AND MENTAL HEALTH. THE STRATEGY INVOLVES FIVE KEY STEPS: RECOGNIZING THE CHILD'S EMOTIONS, VIEWING EMOTIONAL MOMENTS AS OPPORTUNITIES FOR INTIMACY AND TEACHING, LISTENING EMPATHETICALLY, HELPING LABEL EMOTIONS, AND SETTING LIMITS WHILE EXPLORING PROBLEM-SOLVING OPTIONS.

THE SCIENCE BEHIND EMOTIONAL INTELLIGENCE IN CHILDREN

EMOTIONAL INTELLIGENCE (EI) REFERS TO THE ABILITY TO PERCEIVE, UNDERSTAND, REGULATE, AND EXPRESS EMOTIONS EFFECTIVELY. THE SIGNIFICANCE OF EI HAS BEEN VALIDATED BY NUMEROUS STUDIES LINKING HIGHER EMOTIONAL COMPETENCE IN CHILDHOOD TO BETTER RELATIONSHIPS, IMPROVED ACADEMIC PERFORMANCE, AND LOWER RATES OF ANXIETY AND DEPRESSION LATER IN LIFE.

THE GOTTMAN APPROACH IS DISTINCT IN ITS EVIDENCE-BASED FRAMEWORK DERIVED FROM DECADES OF PSYCHOLOGICAL RESEARCH. JOHN GOTTMAN'S EARLIER STUDIES ON ADULT RELATIONSHIPS HIGHLIGHTED THE IMPORTANCE OF EMOTIONAL ATTUNEMENT AND COMMUNICATION, PRINCIPLES THAT HE AND JULIE GOTTMAN ADAPTED FOR PARENTING. BY APPLYING THESE CONCEPTS EARLY IN CHILDHOOD, PARENTS CAN FOSTER EMOTIONAL RESILIENCE THAT MITIGATES BEHAVIORAL PROBLEMS AND ENHANCES OVERALL WELLBEING.

KEY COMPONENTS OF GOTTMAN RAISING AN EMOTIONALLY INTELLIGENT CHILD

THE METHODOLOGY IS STRUCTURED AROUND PRACTICAL PARENTAL BEHAVIORS DESIGNED TO CULTIVATE EMOTIONAL SKILLS:

1. EMOTION COACHING

EMOTION COACHING IS THE CORNERSTONE OF THE GOTTMAN METHOD. PARENTS ARE ENCOURAGED TO ACKNOWLEDGE THEIR CHILD'S FEELINGS OPENLY RATHER THAN DISMISSING OR PUNISHING EMOTIONAL OUTBURSTS. THIS VALIDATION HELPS CHILDREN FEEL UNDERSTOOD AND SAFE, CREATING A FOUNDATION FOR EMOTIONAL SELF-REGULATION.

2. EMPATHETIC LISTENING

ACTIVE LISTENING WITHOUT JUDGMENT ALLOWS CHILDREN TO PROCESS THEIR EXPERIENCES AND DEVELOP LANGUAGE AROUND THEIR EMOTIONS. THIS PRACTICE STRENGTHENS PARENT-CHILD BONDS AND MODELS EFFECTIVE COMMUNICATION.

3. EMOTIONAL LABELING

HELPING CHILDREN IDENTIFY AND NAME THEIR FEELINGS PROMOTES EMOTIONAL LITERACY. THIS SKILL IS CRUCIAL FOR CHILDREN TO MANAGE EMOTIONS, ANTICIPATE REACTIONS, AND NAVIGATE SOCIAL INTERACTIONS.

4. SETTING BOUNDARIES WITH COMPASSION

WHILE EMOTIONS ARE VALIDATED, THE GOTTMAN METHOD ALSO EMPHASIZES THE IMPORTANCE OF SETTING CLEAR LIMITS. PARENTS TEACH CHILDREN THAT CERTAIN BEHAVIORS LINKED TO EMOTIONS (E.G., HITTING WHEN ANGRY) ARE UNACCEPTABLE, ENCOURAGING ALTERNATIVE COPING STRATEGIES.

5. PROBLEM-SOLVING TOGETHER

COLLABORATIVE PROBLEM-SOLVING AFTER EMOTIONAL INCIDENTS ALLOWS CHILDREN TO LEARN CONSTRUCTIVE WAYS TO RESOLVE CONFLICTS AND CHALLENGES, FOSTERING AUTONOMY AND DECISION-MAKING SKILLS.

COMPARING GOTTMAN'S APPROACH TO OTHER PARENTING STYLES

WHEN COMPARED WITH OTHER WELL-KNOWN PARENTING FRAMEWORKS SUCH AS AUTHORITATIVE, PERMISSIVE, OR AUTHORITARIAN STYLES, THE GOTTMAN METHOD OFFERS A BALANCED AND NUANCED STRATEGY. AUTHORITATIVE PARENTS COMBINE WARMTH AND DISCIPLINE BUT MAY LACK SPECIFIC TOOLS FOR ADDRESSING EMOTIONAL INTELLIGENCE. PERMISSIVE PARENTS TEND TO BE HIGHLY ACCEPTING BUT OFTEN FAIL TO SET BOUNDARIES, WHICH CAN UNDERMINE EMOTIONAL REGULATION. AUTHORITARIAN PARENTS EMPHASIZE OBEDIENCE BUT MAY NEGLECT THE EMOTIONAL NEEDS OF THE CHILD.

THE GOTTMAN APPROACH MERGES EMOTIONAL VALIDATION WITH CONSISTENT BOUNDARIES, MAKING IT DISTINCTIVELY EFFECTIVE FOR RAISING EMOTIONALLY INTELLIGENT CHILDREN. IT PROVIDES PARENTS WITH A CLEAR ROADMAP TO ENGAGE WITH THEIR CHILDREN'S EMOTIONAL WORLDS WITHOUT SACRIFICING STRUCTURE OR DISCIPLINE.

PROS AND CONS OF THE GOTTMAN METHOD

- **PROS:** ENCOURAGES EMOTIONAL AWARENESS; IMPROVES PARENT-CHILD COMMUNICATION; FOSTERS RESILIENCE AND EMPATHY; BACKED BY SCIENTIFIC RESEARCH.
- **CONS:** MAY REQUIRE SIGNIFICANT TIME AND EMOTIONAL INVESTMENT FROM PARENTS; SOME PARENTS MIGHT FIND IT CHALLENGING TO MANAGE THEIR OWN EMOTIONAL RESPONSES; NOT A QUICK-FIX SOLUTION BUT RATHER A LONG-TERM COMMITMENT.

IMPLEMENTING GOTTMAN RAISING AN EMOTIONALLY INTELLIGENT CHILD IN DAILY LIFE

ADOPTING THE GOTTMAN APPROACH REQUIRES INTENTIONAL PRACTICE AND MINDFULNESS. PARENTS CAN INTEGRATE ITS PRINCIPLES THROUGH DAILY INTERACTIONS AND SPECIFIC STRATEGIES:

MODELING EMOTIONAL INTELLIGENCE

CHILDREN LEARN BY EXAMPLE. PARENTS WHO OPENLY SHARE THEIR OWN EMOTIONS AND DEMONSTRATE HEALTHY COPING TECHNIQUES PROVIDE LIVING LESSONS IN EMOTIONAL INTELLIGENCE.

CREATING EMOTIONAL CHECK-INS

REGULAR FAMILY CONVERSATIONS ABOUT FEELINGS HELP NORMALIZE EMOTIONAL EXPRESSION. THIS CAN BE AS SIMPLE AS ASKING CHILDREN HOW THEY FEEL AFTER SCHOOL OR DISCUSSING EMOTIONAL RESPONSES TO EVENTS.

USING STORYTELLING AND PLAY

BOOKS, STORIES, AND IMAGINATIVE PLAY CAN HELP CHILDREN EXPLORE EMOTIONS IN A SAFE CONTEXT. PARENTS CAN USE THESE TOOLS TO PROMPT DISCUSSIONS ABOUT FEELINGS AND REACTIONS.

RESPONDING TO EMOTIONAL OUTBURSTS

RATHER THAN REACTING WITH PUNISHMENT, PARENTS TRAINED IN THE GOTTMAN METHOD VALIDATE THE EMOTION WHILE GUIDING CHILDREN TOWARD SELF-REGULATION AND PROBLEM-SOLVING.

WHY EMOTIONAL INTELLIGENCE MATTERS IN CHILDHOOD

THE LONG-TERM BENEFITS OF RAISING AN EMOTIONALLY INTELLIGENT CHILD EXTEND BEYOND CHILDHOOD. EMOTIONAL COMPETENCE IS ASSOCIATED WITH IMPROVED ACADEMIC PERFORMANCE, BETTER PEER RELATIONSHIPS, AND LOWER INCIDENCES OF BEHAVIORAL ISSUES. FURTHERMORE, EMOTIONALLY INTELLIGENT INDIVIDUALS TEND TO HAVE GREATER MENTAL HEALTH AND ADAPTABILITY IN ADULTHOOD.

IN A WORLD INCREASINGLY RECOGNIZING THE IMPORTANCE OF SOFT SKILLS, THE GOTTMAN APPROACH EQUIPS CHILDREN WITH CRITICAL TOOLS FOR SUCCESS IN DIVERSE SOCIAL AND PROFESSIONAL ENVIRONMENTS. EMOTIONAL INTELLIGENCE FOSTERS EMPATHY, COOPERATION, AND LEADERSHIP ABILITIES THAT ARE INVALUABLE THROUGHOUT LIFE.

BY FOCUSING ON EMOTIONAL DEVELOPMENT EARLY, PARENTS CAN INFLUENCE NOT ONLY THEIR CHILD'S IMMEDIATE WELLBEING BUT ALSO THEIR CAPACITY TO NAVIGATE COMPLEX EMOTIONAL LANDSCAPES IN THE FUTURE.

IN SUMMARY, GOTTMAN RAISING AN EMOTIONALLY INTELLIGENT CHILD IS MORE THAN A PARENTING TECHNIQUE; IT IS A COMPREHENSIVE FRAMEWORK ROOTED IN PSYCHOLOGICAL RESEARCH THAT EMPOWERS PARENTS TO NURTURE EMOTIONAL COMPETENCE. AS EMOTIONAL INTELLIGENCE BECOMES A KEY FACTOR IN PERSONAL AND PROFESSIONAL SUCCESS, THE RELEVANCE OF SUCH EVIDENCE-BASED APPROACHES WILL ONLY GROW. FOR PARENTS COMMITTED TO FOSTERING EMOTIONALLY HEALTHY CHILDREN, EMBRACING THE GOTTMAN METHOD OFFERS A SCIENTIFICALLY GROUNDED, COMPASSIONATE, AND PRAGMATIC PATH

Gottman Raising An Emotionally Intelligent Child

Find other PDF articles:

<https://old.rga.ca/archive-th-025/files?dataid=lsT00-3246&title=social-studies-games-middle-school.pdf>

gottman raising an emotionally intelligent child: *Raising An Emotionally Intelligent Child*

John Mordechai Gottman, Joan DeClaire, 1998-08-12 Discusses a five-step program for parents to use when teaching their children to acknowledge and master their emotions.

gottman raising an emotionally intelligent child: *Raising An Emotionally Intelligent Child*

John Gottman, 1998-08-12 Raising an Emotionally Intelligent Child is John Gottman's groundbreaking guide to teaching children to understand and regulate their emotional world. Intelligence That Comes from the Heart Every parent knows the importance of equipping children with the intellectual skills they need to succeed in school and life. But children also need to master their emotions. Raising an Emotionally Intelligent Child is a guide to teaching children to understand and regulate their emotional world. And as acclaimed psychologist and researcher John Gottman shows, once they master this important life skill, emotionally intelligent children will enjoy increased self-confidence, greater physical health, better performance in school, and healthier social relationships. Raising an Emotionally Intelligent Child will equip parents with a five-step "emotion coaching" process that teaches how to: -Be aware of a child's emotions -Recognize emotional expression as an opportunity for intimacy and teaching -Listen empathetically and validate a child's feelings -Label emotions in words a child can understand -Help a child come up with an appropriate way to solve a problem or deal with an upsetting issue or situation Written for parents of children of all ages, Raising an Emotionally Intelligent Child will enrich the bonds between parent and child and contribute immeasurably to the development of a generation of emotionally healthy adults.

gottman raising an emotionally intelligent child: *The Heart of Parenting* John Mordechai

Gottman, Joan DeClaire, 1997 This is a practical guide for parents on how to raise a child who can understand and control his or her emotions. It explains a child's different emotional needs at different ages, and shows parents how to help their children calm themselves down, how to focus their attention, how to give their children better emotional support through difficult times, such as divorce, and offers simple tools and techniques for parents to evaluate and improve on their own emotional parenting styles.

gottman raising an emotionally intelligent child: *What Am I Feeling?* John Gottman, John

Mordechai Gottman, 2004 Adapted from Dr. John Gottman's Raising an Emotionally Intelligent Child, this book helps adults identify their parenting and care giving style. It explains the five important steps in emotion coaching children to ensure that children are guided to healthy emotional growth. Gottman argues that kids who can accept and share their emotions form stronger friendships, achieve more in school, recover from emotional crises more quickly, and are physically healthier. Beautiful illustrations of parents and children help convey the vital message of this guide.

gottman raising an emotionally intelligent child: *Summary of John Mordechai Gottman,*

Joan DeClaire & Daniel Goleman's Raising An Emotionally Intelligent Child The Heart of Parenting Everest Media,, 2022-03-31T22:59:00Z Please note: This is a companion version & not the original book. Sample Book Insights: #1 Good parenting involves more than just intelligence. It involves emotion, and parents need to be aware of their children's feelings and be able to empathize

with them. #2 Emotion coaching is the act of helping your child deal with life's ups and downs. It involves accepting your child's negative emotions, and teaching them important life lessons and building closer relationships with them. #3 The Emotion-Coaching parent may seem like a Dismissing parent at first because they directed Joshua to think about something other than staying home. But there is a crucial distinction. As an Emotion Coach, Diane acknowledged her son's sadness, helped him name it, allowed him to experience his feelings, and stayed with him while he cried. #4 The process of Emotion Coaching involves five steps for parents: becoming aware of the child's emotion, recognizing the emotion as an opportunity for intimacy and teaching, listening empathetically, validating the child's feelings, and setting limits while exploring strategies to solve the problem.

gottman raising an emotionally intelligent child: Raising an Emotionally Intelligent Child John Gottman, Joan DeClaire, 1998

gottman raising an emotionally intelligent child: Raising Mentally Strong Children Callie Simmonds, Every parent dreams of raising children who are strong, confident, and resilient—but in today's world of stress, anxiety, and constant pressure, the path can feel overwhelming. Do you worry your child is struggling to manage big emotions or setbacks, and you're not sure how to help? Have you tried parenting advice that only left you more stressed and second-guessing yourself? This book offers a clear, evidence-based roadmap for nurturing your child's emotional strength—without adding chaos or guilt to your parenting. By blending modern psychology with practical tools, you'll learn to guide your child through challenges, foster lasting confidence, and create a calm, connected home where everyone can thrive. Inside, you'll discover how to: - Understand the foundations of childhood emotional development and resilience - Navigate big emotions while teaching healthy self-expression - Build confidence through growth mindset and age-appropriate challenges - Strengthen communication and deepen trust with proven connection techniques - Manage anxiety and stress with practical coping strategies - Teach emotional regulation skills, including mindfulness and grounding exercises - Foster empathy, compassion, and healthy relationship dynamics - Handle the challenges of technology and social media in today's digital age You don't need a psychology degree or endless free time to raise a mentally strong child. With simple, actionable steps, this book helps you replace overwhelm with clarity—so you can stop worrying about “getting it wrong” and start building a home where your child feels safe, capable, and understood. If you're ready to raise resilient, confident kids who can handle life's challenges with strength and grace, scroll up and grab your copy of Raising Mentally Strong Children today.

gottman raising an emotionally intelligent child: The Heart of Parenting John Mordechai Gottman, Joan DeClaire, 1997 This is a practical guide for parents on how to raise a child who can understand and control his or her emotions. It explains a child's different emotional needs at different ages, and shows parents how to help their children calm themselves down, how to focus their attention, how to give their children better emotional support through difficult times, such as divorce, and offers simple tools and techniques for parents to evaluate and improve on their own emotional parenting styles.

gottman raising an emotionally intelligent child: Raising an emotionally intelligent child John Gottman, 1998

gottman raising an emotionally intelligent child: The Emotional Intelligence Quick Book Travis Bradberry, Jean Greaves, 2006-12-01 An accessible, how-to guide that brings focus to the unique skills that comprise emotional intelligence and incorporate these tools into your life. EMOTIONAL INTELLIGENCE: THE #1 PREDICTOR OF PROFESSIONAL SUCCESS AND PERSONAL EXCELLENCE In today's fast-paced world of competitive workplaces and chaotic personal lives, each of us is searching for effective tools that can make our schedules, behaviors, and relationships more manageable. The Emotional Intelligence Quickbook shows us how understanding and utilizing emotional intelligence can be the key to exceeding our goals and achieving our fullest potential. Authors Bradberry and Greaves use their years of experience as emotional intelligence researchers, consultants, and speakers to revitalize our current understanding of emotional

intelligence. They have combined their latest research on emotional intelligence with a quick, easy-to-use format and cut-to-the-chase information to demonstrate how this other kind of smart helps us to decrease our stress, increase our productivity, understand our emotions as they happen, and interact positively with those around us. The Emotional Intelligence Quickbook brings this concept to light in a way that has not been done before -- making EQ practical and easy to apply in every aspect of our daily lives. The Quickbook will help you to: -Engage the four unique areas of EQ: self-awareness, self-management, social awareness, and relationship management -Increase your EQ through the use of these skill-building techniques -Apply your EQ at work to develop leadership skills and improve teamwork, making you a better manager and a more desirable employee -Practice your EQ outside the office environment to benefit your relationships with loved ones, making you a better partner and parent -Access the link between your EQ and your physical well-being to improve your overall health -Measure your current EQ through access to the authors' bestselling online Emotional Intelligence Appraisal

gottman raising an emotionally intelligent child: Theory and Practice of Couples and Family Counseling James Robert Bitter, 2020-09-07 This introduction to couples and family counseling lays the foundation for student skill-building by encouraging the development of personal, professional, and ethical standards of practice. This third edition has been expanded to include couples counseling and updated to reflect recent research and current practice. Primary text features include a genogram delineating the history of the field; a comprehensive discussion of 13 widely used theories with real-life examples of quality work for each approach; a single, bicultural couple/family system case for comparison across models; and strategies for the integration and application of the models into clinical practice with diverse clients. To help readers apply the concepts they have learned, Dr. Bitter provides numerous illustrative examples, case studies, sample client dialogues, and exercises for personal and professional growth. *Requests for digital versions from ACA can be found on www.wiley.com *To request print copies, please visit the ACA <https://imis.counseling.org/store/detail> *Reproduction requests for material from books published by ACA should be directed to publications@counseling.org

gottman raising an emotionally intelligent child: Psychological Treatment Approaches for Young Children and Their Families Ingeborg Stiefel, Matthew Brand, Tanya Hanstock, 2024-03-05 Never disappoints. A concise authoritative guide, this book is a treasure-trove and delight to read. It provides the reader with an overview of the contemporary early intervention landscape with sufficient detail to allow readers to feel familiar with the key aspects of each approach, without overwhelming them with too much new information." — Alan Carr, PhD, FPSsI, FBPsS, Professor of Clinical Psychology, UCD, and Family Therapist, Clanwilliam Institute, Ireland. Early childhood is the most critical phase in human development. Negative influences can contribute to irreversible life-long struggles. What is learned in the first five years of life becomes the foundation for subsequent learning. It is vitally important that we effectively treat mental health problems when we find them in preschoolers. Psychological Treatment Approaches for Children and Their Families provides a comprehensive overview of 14 commonly available therapeutic interventions for children aged 3–5 years. It fills an important gap in a field where information about treatment options is limited compared with those suitable for older children and adolescents. The interventions presented are evidence-based and reflect various research backgrounds and theories of change. They are grouped into four sections covering individual child treatments, parent-focused approaches, dyadic carer-child interventions, and family-systems models. Each section describes the models in a condensed yet comprehensive summary, offering information on its evidence base, key concepts, stages of therapy, session structure, treatment effects, and training options, along with a case study example illustrating the therapy in practice. The structure allows the reader to decide what treatments can be used for what presenting problem and under what conditions. A set of exercise questions concludes the end of each chapter to encourage better theory-practice links. The result is a text that provides ample opportunities for students and therapists to develop a knowledge base and understanding of how to best approach the treatment of psychological disorders in this age

group. Edited and authored by a select group of experienced clinical psychologists and psychiatrists with a particular interest in paediatric clinical psychology, this text is relevant for students, therapists, trainers and supervisors, referrers, researchers, and funding bodies, as well as all those undergoing training in disciplines related to child development and clinical child psychology.

gottman raising an emotionally intelligent child: Educating People to Be Emotionally Intelligent Reuven Bar-On, J.G. Maree, Maurice Jesse Elias, 2007-03-30 Daniel Goleman, the literary catalyst for worldwide interest in emotional intelligence, sets the stage for this groundbreaking book in his foreword explaining its landmark importance. People can be educated to be more emotionally intelligent, and this particular type of education takes place through a specific type of parenting at home, formal education at school, and training and coaching at work. As a result of this education, extensively described in this comprehensive book, people's lives can be improved; they can become more effective, productive and content in what they do. Some of the best known researchers, professors and practitioners worldwide team up in this work to recognize and reflect the rapidly growing global interest in scientifically-based applications of emotional intelligence in education, to show readers the diverse applications of EI, and to guide them in applying what is known about this topic. The breadth of coverage, array of experts, international scope and clear, practical tone of this book will appeal to parents, educators, psychologists, counselors, trainers, and corporate coaches, mental health and human resource practitioners and healthcare providers. Parents and educators need to perform their caregiving roles and teach with emotional intelligence if children are to develop the skills and discernment needed to cope with the complexities of an increasingly globalized world. Workplaces that apply emotional intelligence are more pleasant places in which to work, provide a more fulfilling experience for employees and are, in the end, more productive organizations. Emotional intelligence can be developed by most individuals to increase performance in many areas of life. And a growing body of evidence indicates EI skills may improve physical health, as well as mental health. This book will become a benchmark for future researchers and practitioners.

gottman raising an emotionally intelligent child: How to Raise a Mindful Eater Maryann Jacobsen, 2016-12-28 Raising a Mindful Eater in a Mindless Eating World Whether your child is obsessed with sweets, a big (or small) eater, or you simply want to avoid future eating problems, you are in the right place. In *How to Raise a Mindful Eater*, family nutrition expert Maryann Jacobsen shows you step-by-step how to nurture your child's emerging relationship with food. The book pinpoints 8 Powerful Principles that give you the best shot at raising a mindful eater, someone who listens to their body, eats for nourishment and enjoyment, and naturally eats in moderation. The book will teach you how to: Encourage an Internal Approach to Eating: Discover how to structure meals, set limits, help children eat based on internal cues of hunger and fullness, and pay attention while eating. Balance Food for Nourishment and Enjoyment: Find lasting ways to make nutrition rewarding, sweets less desirable, and eating well a pleasurable experience. Teach Body Appreciation and Self Care: Uncover secrets to teaching body appreciation, dealing with weight issues, combating the media's Thin Ideal, and nurturing self-care. Ensure Mental and Emotional Happiness: Escape barriers to raising mindful eaters such as stress, poor self-regulation, dealing with difficult feelings, and a lack of connection between parent and child.

gottman raising an emotionally intelligent child: Challenging Boys J. Timothy Davis, PhD, 2025-04-15 An innovative approach for parents of challenging boys to prevent meltdowns and put out fires Parenting is often called the toughest job you will ever love. If you have a challenging boy, one who won't take no for an answer, argues every decision, and explodes at the slightest provocation, you know how incredibly tough parenting can be. But with the right tools, you can bring out the best in your child—and in you as a parent. In *Challenging Boys: A Proven Plan for Keeping Your Cool and Helping Your Son Thrive*, Timothy Davis draws on his experience as a child and family psychologist, father of three, and volunteer firefighter to help parents remain calm and in control even when it feels like the house is on fire during yet another meltdown. Like a firefighter, Davis teaches parents how to create a plan ahead of time to prepare for emergencies. He shows how

to identify and manage specific triggers, recognize the patterns that challenging episodes follow, and plan for de-escalating a meltdown when it does occur. This plan is not a one-size-fits-all approach, because every boy is unique; instead, it is based on the child's individual needs and each parent's strength. While challenging boys can make life difficult for parents, teachers, siblings, and peers, Davis emphasizes that these children actually aren't oppositional at all. They want to please, but often lack the skills to do so. Challenging Boys teaches parents how to help their boys develop these skills so that their natural gifts can shine.

gottman raising an emotionally intelligent child: Clinical Handbook of Couple Therapy Jay L. Lebow, Douglas K. Snyder, 2022-11-14 Now in a significantly revised sixth edition with 70% new material, this comprehensive handbook has introduced tens of thousands of practitioners and students to the leading forms of couple therapy practiced today. Prominent experts present effective ways to reduce couple distress, improve overall relationship satisfaction, and address specific relational or individual problems. Chapters on major approaches follow a consistent format to help readers easily grasp each model's history, theoretical underpinnings, evidence base, and clinical techniques. Chapters on applications provide practical guidance for working with particular populations (such as stepfamily couples and LGBT couples) and clinical problems (such as intimate partner violence, infidelity, and various psychological disorders). Instructive case examples are woven throughout. New to This Edition *Chapters on additional clinical approaches: acceptance and commitment therapy, mentalization-based therapy, intergenerational therapy, socioculturally attuned therapy, and the therapeutic palette approach. *Chapters on sexuality, older adult couples, and parents of youth with disruptive behavior problems. *Chapters on assessment and common factors in couple therapy. *Chapters on cutting-edge special topics: relationship enhancement, telehealth interventions, and ethical issues in couple therapy.

gottman raising an emotionally intelligent child: *The Handbook of Conflict Resolution* Peter T. Coleman, Morton Deutsch, Eric C. Marcus, 2014-02-28 Praise for *The Handbook of Conflict Resolution* This handbook is a classic. It helps connect the research of academia to the practical realities of peacemaking and peacebuilding like no other. It is both comprehensive and deeply informed on topics vital to the field like power, gender, cooperation, emotion, and trust. It now sits prominently on my bookshelf. —Leymah Gbowee, Nobel Peace Prize Laureate *The Handbook of Conflict Resolution* offers an astonishing array of insightful articles on theory and practice by leading scholars and practitioners. Students, professors, and professionals alike can learn a great deal from studying this Handbook. —William Ury, Director, Global Negotiation Project, Harvard University; coauthor, *Getting to Yes* and author, *The Third Side* Morton Deutsch, Peter Coleman, and Eric Marcus put together a handbook that will be helpful to many. I hope the book will reach well beyond North America to contribute to the growing worldwide interest in the constructive resolution of conflict. This book offers instructive ways to make this commitment a reality. —George J. Mitchell, Former majority leader of the United States Senate; former chairman of the Peace Negotiations in Northern Ireland and the International Fact-Finding Committee on Violence in the Middle East; chairman of the board, Walt Disney Company; senior fellow at the School of International and Public Affairs, Columbia University Let's be honest. This book is just too big to carry around in your hand. But that's because it is loaded with the most critical essays linking the theory and practice of conflict resolution. *The Handbook of Conflict Resolution* is heavy on content and should be a well-referenced resource on the desk of every mediator—as it is on mine. —Johnston Barkat, Assistant Secretary-General, Ombudsman and Mediation Services, United Nations

gottman raising an emotionally intelligent child: **The Parent's Guide to Oppositional Defiant Disorder** Amelia Bowler, 2020-08-21 This parenting guide to ODD offers expert information on your child's condition, provides insight and empathy to what they are going through, and equips and empowers you to make practical changes in your parenting approaches. It provides an overview of tried-and-tested techniques from a mother of a child with ODD to support you in response to typical questions you may have: - Why is my child acting this way? - What does this say about me? - Why doesn't my child respond to punishment or reward? - What am I supposed to do next? Overall

this book teaches you how to avoid common mistakes in responding to ODD, the crossover with similar diagnoses such as ADHD, how to distinguish the disorders and how to improve your own resilience and confidence.

gottman raising an emotionally intelligent child: Clinical Handbook of Couple Therapy, Fifth Edition Alan S. Gurman, Jay L. Lebow, Douglas K. Snyder, 2015-05-28 Regarded as the authoritative reference and text, this handbook presents the most effective, widely studied approaches to couple therapy. The distinguished coeditors bring together other leading experts, most of whom developed the approaches they describe. Adhering closely to a uniform structure to facilitate study and comparison, chapters cover the history, theoretical and empirical underpinnings, and techniques of each model. The volume also describes cutting-edge applications for particular relationship contexts (such as blended families, LGBT couples, and separated couples) and clinical problems (such as partner aggression, psychological disorders, and medical issues). New to This Edition *Chapters on interpersonal neurobiology and intercultural relationships. *Chapters on couple therapy for PTSD, functional analytic couple therapy, and the integrative problem-centered metaframeworks approach. *Many new authors.*Extensively revised with the latest theory and research. See also Clinical Casebook of Couple Therapy, edited by Alan S. Gurman, which presents in-depth illustrations of treatment.

gottman raising an emotionally intelligent child: Sibling Issues in Therapy Avidan Milevsky, 2016-01-26 Incorporating the latest research and clinical work in family dynamics, this book examines multiple angles of integrating sibling issues, which underlie issues at the core of many clinical difficulties presented by adult clients, in therapy to improve adulthood emotional and psychological well-being.

Related to gottman raising an emotionally intelligent child

The Gottman Institute | Relationships From helping couples reconnect to guiding clinicians in supporting their clients, our work has brought hope, healing, and deeper understanding to millions. Whether you're building your

The Gottman Method - About | The Gottman Institute Created by Drs. John and Julie Gottman, Affective Software, Inc., and The Gottman Institute, this online couples assessment tool automatically scores a relationship's strengths and challenges

Relationship resources for Couples | The Gottman Institute For over 50 years, Dr. John Gottman and Dr. Julie Gottman have dedicated their lives to transforming relationships with proven, science-backed methods. From helping couples

Marriage and Couples - Research | The Gottman Institute The infographic below highlights some of Dr. John Gottman's most notable research findings on marriage and couple relationships

The Gottman Relationship Blog The Gottman Institute Discover practical strategies on how to maintain individuality in shared spaces, from setting healthy boundaries to balancing independence with togetherness

Find a Couples Therapist Near You - The Gottman Institute Use the Gottman Referral Network to easily find a Gottman-trained couples therapist near you

Our Mission - About | The Gottman Institute The Gottman Institute is dedicated to combining wisdom from research and practice to support and strengthen marriages, families, and relationships. It brings the knowledge of research to

An Introduction to the Gottman Method of Relationship Therapy An introduction to The Gottman Method which has helped thousands of couples have the relationship that they want with better communication and connection

Professionals - Resources | The Gottman Institute Created by Drs. John and Julie Gottman, Affective Software, Inc., and The Gottman Institute, this online couples assessment tool automatically scores a relationship's strengths and challenges

The Gottman Four Horsemen Identify Gottman Four Horsemen in your conflict discussions, eliminate them and replace them with healthy, productive communication patterns

The Gottman Institute | Relationships From helping couples reconnect to guiding clinicians in supporting their clients, our work has brought hope, healing, and deeper understanding to millions. Whether you're building your

The Gottman Method - About | The Gottman Institute Created by Drs. John and Julie Gottman, Affective Software, Inc., and The Gottman Institute, this online couples assessment tool automatically scores a relationship's strengths and challenges

Relationship resources for Couples | The Gottman Institute For over 50 years, Dr. John Gottman and Dr. Julie Gottman have dedicated their lives to transforming relationships with proven, science-backed methods. From helping couples

Marriage and Couples - Research | The Gottman Institute The infographic below highlights some of Dr. John Gottman's most notable research findings on marriage and couple relationships

The Gottman Relationship Blog The Gottman Institute Discover practical strategies on how to maintain individuality in shared spaces, from setting healthy boundaries to balancing independence with togetherness

Find a Couples Therapist Near You - The Gottman Institute Use the Gottman Referral Network to easily find a Gottman-trained couples therapist near you

Our Mission - About | The Gottman Institute The Gottman Institute is dedicated to combining wisdom from research and practice to support and strengthen marriages, families, and relationships. It brings the knowledge of research to

An Introduction to the Gottman Method of Relationship Therapy An introduction to The Gottman Method which has helped thousands of couples have the relationship that they want with better communication and connection

Professionals - Resources | The Gottman Institute Created by Drs. John and Julie Gottman, Affective Software, Inc., and The Gottman Institute, this online couples assessment tool automatically scores a relationship's strengths and challenges

The Gottman Four Horsemen Identify Gottman Four Horsemen in your conflict discussions, eliminate them and replace them with healthy, productive communication patterns

The Gottman Institute | Relationships From helping couples reconnect to guiding clinicians in supporting their clients, our work has brought hope, healing, and deeper understanding to millions. Whether you're building your own

The Gottman Method - About | The Gottman Institute Created by Drs. John and Julie Gottman, Affective Software, Inc., and The Gottman Institute, this online couples assessment tool automatically scores a relationship's strengths and challenges

Relationship resources for Couples | The Gottman Institute For over 50 years, Dr. John Gottman and Dr. Julie Gottman have dedicated their lives to transforming relationships with proven, science-backed methods. From helping couples

Marriage and Couples - Research | The Gottman Institute The infographic below highlights some of Dr. John Gottman's most notable research findings on marriage and couple relationships

The Gottman Relationship Blog The Gottman Institute Discover practical strategies on how to maintain individuality in shared spaces, from setting healthy boundaries to balancing independence with togetherness

Find a Couples Therapist Near You - The Gottman Institute Use the Gottman Referral Network to easily find a Gottman-trained couples therapist near you

Our Mission - About | The Gottman Institute The Gottman Institute is dedicated to combining wisdom from research and practice to support and strengthen marriages, families, and relationships. It brings the knowledge of research to

An Introduction to the Gottman Method of Relationship Therapy An introduction to The Gottman Method which has helped thousands of couples have the relationship that they want with better communication and connection

Professionals - Resources | The Gottman Institute Created by Drs. John and Julie Gottman, Affective Software, Inc., and The Gottman Institute, this online couples assessment tool

automatically scores a relationship's strengths and challenges

The Gottman Four Horsemen Identify Gottman Four Horsemen in your conflict discussions, eliminate them and replace them with healthy, productive communication patterns

Related to gottman raising an emotionally intelligent child

Best-selling author leads lecture on 'Raising an Emotionally Intelligent Child'

(komonews12y) We just got this announcement from Parent Map? The New York Times Best-Selling Author and Parenting Expert, Dr. John Gottman, Ph.D. To Kick Off Lecture Series "Raising an Emotionally Intelligent Child"

Best-selling author leads lecture on 'Raising an Emotionally Intelligent Child'

(komonews12y) We just got this announcement from Parent Map? The New York Times Best-Selling Author and Parenting Expert, Dr. John Gottman, Ph.D. To Kick Off Lecture Series "Raising an Emotionally Intelligent Child"

Experts Reveal the #1 Sign You're an Emotionally Intelligent Parent (Yahoo5mon) "Hearst Magazines and Yahoo may earn commission or revenue on some items through these links." Parents these days are focused on social-emotional learning and are always trying to help kids name and

Experts Reveal the #1 Sign You're an Emotionally Intelligent Parent (Yahoo5mon) "Hearst Magazines and Yahoo may earn commission or revenue on some items through these links." Parents these days are focused on social-emotional learning and are always trying to help kids name and

6 Ways To Raise Emotionally Intelligent Children or Grandchildren (Yahoo5mon) These days, many parents and grandparents apologize to kids after they make a mistake, use gentle parenting practices, and are intentional about what phrases to use or avoid. Families seem to be more

6 Ways To Raise Emotionally Intelligent Children or Grandchildren (Yahoo5mon) These days, many parents and grandparents apologize to kids after they make a mistake, use gentle parenting practices, and are intentional about what phrases to use or avoid. Families seem to be more

Lessons on raising babies, teens and Bieber fans (komonews12y) Last week, northwest parenting resource ParentMap announced the lineup for its 2011 parenting lecture series. "This year's lineup's got it all," ParentMap publisher Alayne Sulkin said in a press

Lessons on raising babies, teens and Bieber fans (komonews12y) Last week, northwest parenting resource ParentMap announced the lineup for its 2011 parenting lecture series. "This year's lineup's got it all," ParentMap publisher Alayne Sulkin said in a press

Raising emotionally intelligent children is a worthwhile investment (Monitor on MSN2d) One of the most fundamental ways to raise emotionally intelligent children is to acknowledge what they feel instead of dismissing it. Rather than saying "Stop crying, you're fine," try "I can see

Raising emotionally intelligent children is a worthwhile investment (Monitor on MSN2d) One of the most fundamental ways to raise emotionally intelligent children is to acknowledge what they feel instead of dismissing it. Rather than saying "Stop crying, you're fine," try "I can see

'Here's the secret' to raising kids who are more emotionally intelligent and resilient than most, therapist says: 'It's essential' (NBC New York9mon) Have you ever told your child not to cry or said, "Don't be sad"? It's a common instinct for loving parents who want their children to be happy. But the truth is, being happy 100% of the time is

'Here's the secret' to raising kids who are more emotionally intelligent and resilient than most, therapist says: 'It's essential' (NBC New York9mon) Have you ever told your child not to cry or said, "Don't be sad"? It's a common instinct for loving parents who want their children to be happy. But the truth is, being happy 100% of the time is