

## Parenting – Emotional Quotient

What is emotional quotient (EQ)?

EQ relates to a person's social competence and is also seen as a key factor of success in life. Emotional Intelligence involves being able to respond appropriately to the emotions of others (interpersonal skills) and also being aware of our own emotions to guide our behaviour (intrapersonal skills).

What can parents do to raise a child with high EQ?

Parents can encourage and teach their children to:

- Express their needs and desires clearly
- Share personal information about oneself
- Offer help and suggestions when their parents are doing something. For instance, it can be doing house chores.
- Stay with the conversation and not get distracted when engaging in a conversation with someone
- Express empathy
- Express interest in another person
- Express acceptance
- Express affection

Parents are encouraged to teach children about all emotions and not just about the emotions that make them feel good. Children should know about the emotions that would not make them feel so good. Children tend to learn by example. Parents can model for them how to deal with difficult emotions appropriately and how they can be sensitive and empathic toward others.

At The Therapy Room, a team of psychologists – led by Geraldine Tan, the principal psychologist – conducts parenting workshops and programs. For more information, please [click](#) here for the upcoming parenting programs. Should you have any concerns or inquiries, please feel free to click [here](#) to contact us and find out more.