Research shows that negative emotions are often embraced longer than our positive ones. This is why it's important for children to have positive interactions to reflect on. This can encourage students to practice gratitude and can help them to counteract negative experiences throughout their lifespan. When students can use their mistakes as learning opportunities, they also strengthen their emotional intelligence.

All children have the ability to develop emotional intelligence. This is done through social and emotional learning (SEL) with the guidance of supportive adults that model these behaviors. There are several benefits to SEL for students, one being that it gives them the tools to regulate their emotions. Results show that students who can quickly name their emotions also use this knowledge to find solutions during the decision-making process.

Parents can assist their children in increasing their emotional intelligence by teaching them skills that help to regulate their emotions. When students learn how to self-regulate, it supports their overall well-being. Parents can teach their children how to self-regulate by helping them identify their emotions to increase their self-awareness. They also teach these skills by modeling appropriate ways to express “small” and “big” feelings.

Studies also show that children and adolescents that develop and utilize emotional intelligence are more satisfied with their personal and professional relationships in adulthood. This skill also reduces the likelihood of a child giving into peer pressure, which encourages autonomy. Overall, E.I can help students to practice cognitive flexibility and furthers their prosocial skills.

There are many benefits to teaching children emotional intelligence. This skill can help kids to manage conflict, allowing deeper friendships to develop. Parents should make learning this skill an ongoing goal. Parents can use everyday moments as an opportunity to empower children to utilize emotional intelligence. All children can learn this skill, they just need a little encouragement from supportive adults.

Resources:
3. Is my child gifted?: How to know if your child is gifted. Davidson Institute. (2022, August 29). Retrieved March 6, 2023