

15 Essential Skills to Teach Kids for Better Emotional Well-being

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Parenting and Family Health

Cultivating Emotional Intelligence in Children: A Comprehensive Guide

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Emotional intelligence (EI), encompassing the ability to understand, manage, and utilize one's own emotions and those of others, is a cornerstone of healthy child development. This article presents a structured approach to fostering EI in children, drawing upon established psychological frameworks such as the Social-Emotional Learning (SEL) model and Bandura's Social Cognitive Theory. We will explore practical strategies applicable within diverse family and educational settings.

Conclusions and Recommendations

Implementing these strategies will not only benefit children's emotional health but also significantly impact their academic performance, social skills, and overall well-being. By fostering emotional intelligence, we empower children to navigate life's challenges with greater resilience, leading to a more fulfilling and successful life.

Reader Pool: What are your perspectives on the relative efficacy of different emotional regulation strategies discussed here, considering the age and developmental

stage of the child?

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