

Boosting Your Child's Emotional Intelligence: A Parent's Guide

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Cultivating Emotional Intelligence in Parenting: A Developmental Approach

Parenting, a multifaceted endeavor encompassing the provision of physical needs and the nurturing of emotional well-being, presents unique challenges and rewards.

Central to a child's healthy development is the cultivation of emotional intelligence (EQ), a concept encompassing self-awareness, self-regulation, social awareness, and relationship management. This article explores fifteen key strategies for parents to foster EQ in their children, grounded in developmental psychology and social-emotional learning (SEL) frameworks.

Reader Pool: Considering the various developmental theories discussed, how might the optimal approach to fostering emotional intelligence in children vary across different cultural contexts and family structures?