Increasing Your Child’s Success by Modelling Emotional Intelligence

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Belly Breathe!

Objectives

- To understand basic brain architecture and its impact on our parenting and our children
- Understand the basics of Emotional Intelligence
- Understand the impact of Emotional Self-Regulation on ourselves and our children

Minnesota Communities Caring for Children

- Awareness and Education – Understanding NEAR Science
- Community Engagement – Building Self-Healing Communities
- Parent Support – Circle of Parents
- Leadership Development – Parent Leaders for Child Safety and Permanency
- Founded in 1979, also known as Prevent Child Abuse Minnesota
Reminders

Many of the references to our physiology are simplified for the purpose of this presentation. Multiple sources of research and theory are provided at the end for the participant to explore on their own.

Synapses are created with astonishing speed in the first three years of life. For the rest of the first decade, children’s brains have twice as many synapses as adults’ brains. (Drawing by H.T. Chugani.)

Synaptic Density

At birth 6 years old 14 years old

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Hand Model of the Brain – Dr. Dan Siegel
Our Brain

- Adapts to our Environment
- Is interactive – Serve and Return
- Uses a lot of energy to build a new pathway
- Conserves energy by wiring automatic responses
- Is Wired for Fear and Survival
  - Fight, Flight, Freeze
  - Cortesol and Adrenaline increase strength, stamina, speed, reaction time and focus; decrease thinking capacity
- Early Trauma (or health!) has lifelong impact

Key Points

- Emotional Habits are wired early on
- Many emotional habits happen quickly and automatically
- With Practice we can choose and rewire new habits
- Learning to pause is key to choosing responses
- Questions?

Why Emotional Intelligence Matters

- Emotions drive thoughts
- Thoughts drive behavior
- Behavior drives results / outcomes

Why Do Smart People Fail?

- Emotional Intelligence (EI) is the differentiating factor in success
- Only one cognitive ability, Pattern Recognition, differentiated outstanding leaders
- Intellectual Capability (IQ) knowledge and technical expertise are threshold competencies
- Emotional Intelligence (EI) is two times as important as IQ and technical expertise combined
- EI is four times as important in terms of overall success

Emotions → Thoughts → Behavior → Outcome

(Emotions) → (Thoughts) → (Behavior) → (Outcome)
1. Recognizing a feeling as it happens is the keystone of emotional intelligence.

2. Notice and name emotions – use emotional literacy list. 
   [http://www.cnvc.org/Training/feelings-inventory](http://www.cnvc.org/Training/feelings-inventory) (practice now)

3. Create a time for daily check in on emotions and impact on self.

4. Ask a partner or good friend to tell you what they see.
Creating a Pause

“Freedom is the ability to pause between stimulus and response and in the pause to choose.”

Rollo May

From Self Awareness to Self Management

Self awareness is the first step in creating the PAUSE
Knowing and owning triggers
Self management creates space for the pause, resulting in having CHOICES on how to react

Cross Your Arms

Practice Makes the Awkward Possible

WIIFM*

■ What new habits do you want to practice?

■ What do you want to be able to do easily in tough situations?

* what’s in it for me?
Neural Highways under Construction

Our brain continues to adapt to our environment throughout life! With practice we can rewire.

Serve and Return Interaction Needed

Picture From Jacobs-Stewart, Paths Are Made by Walking

Self Management Tools

- Breath
- Mindfulness
- Self-kindness
- Going to the Balcony/Bird's Eye View
- Keeping the End in mind
- Integrating: How we tell our story
- Giving the Amygdala a hug when “flipping your lid”
- What do you already know works for you?

Quieting the Mind Practices

- Meditation
- Exercise
- yoga
- music
- prayer
- nature
- pets
- spiritual practices
- Ti Chi/Qigong

From InsideOutcomes, www.insideoutcomes.biz
Awareness of Others
- Notice when others are triggered. Are you triggered in response to their trigger?

Reflect
- How do you hope this information will impact your interactions with children and youth in your life?
- Lock it in: Adults learn best by sharing what we learn – what do you want to keep from this workshop? Who will you tell about it?

Protective Factors
- Parental Resilience
- Social Connections
- Concrete Supports in Times of Need
- Knowledge of Parenting and Child Development
- Social and Emotional Competence of Children

To explore further:
Resources, Authors and Major Contributors
- Chade-Meng Tan, Search Inside Yourself: The Unexpected Path to Achievement, Success, Happiness (And World Peace)
- Emotional Intelligence, Daniel Goleman
- InsideOutcomes.biz
- National Scientific Council on the Developing Child

www.pcamn.org
Just Breathe......

THANK YOU!!
www.pcamn.org
www.lifebalance-solutions.org