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'Help Your Children Recognize Their Own Emotions'

Emotional intelligence, or emotional quotient (EQ) is a "person's ability to identify, evaluate, control and express emotions." Now a day many schools are teaching children to identify their own emotions and the emotions of others around them. However, there is still a long way to go in many educational settings and so parents need to play an important role in fostering their children's EQ. To, begin with the first and foremost thing to do is to set a good example for your children. Talking about your own emotions with your children is the best way. Help your children recognize their own emotions. Once you help your children to name their own emotions, they can start taking ownership. Lastly, accept and acknowledge your child's emotions, perspective and empathise because just being understood helps them to let go of troubling emotions.



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