



PERSPECTIVES

Emotional intelligence and your child: Why it matters

Emotional Intelligence Quotient (EIQ) is the ability to monitor one's own and other people's emotions, to discriminate between different emotions and to use emotional information to guide thinking and behavior. In other words, EIQ is the power to understand and handle your emotions. And when it comes to your kids, it can be very important.

By age four, most children start to use EIQ to manage the outside world, covering their eyes when they're scared, for example. As they get older, kids sharpen these skills by addressing problems and learning to deal with distress. Today, growing research confirms that EIQ is a strong predictor of your child's future accomplishments.



EIQ VS. IQ

How they work together

Pioneer EIQ psychologist Daniel Goleman divides the Emotional Intelligence Quotient into five areas: self-awareness, self-regulation, social skill, empathy and motivation. Traditional IQ, on the other hand, measures intelligence using vocabulary, reading comprehension and retention, reasoning and mathematical acumen.

Although cognitive skills certainly contribute to academic achievement, Dr. Goleman estimates that IQ makes up only about 20% of the factors that determine life success. Many experts feel that IQ traits should be complemented by social-emotional strengths like perseverance, impulse control and coping mechanisms.



THE WONDER YEARS

Why is EIQ important?

Children with higher EIQs typically think about feelings and focus on thoughts to control reactions. They often benefit from criticism, offer praise and useful feedback and assist others. Higher EIQ can also help students manage time, complete homework and prepare for a test because they are self-motivated, able to handle stress and understand their strengths and weaknesses.

According to personality psychologist and professor John D. Mayer in the *Annual Review of Psychology*, higher emotional intelligence positively correlates to better relationships with family and loved ones, better academic performance and better psychological well-being. The result? Indelible leadership skills. "EIQ allows kids to understand, communicate and connect with others," explains Suzy Goldstein, PhD, a clinical psychologist who specializes in early childhood development and provides psychoeducational consultation to schools. "The best leaders have tremendous insight into their own emotions and understand others' feelings. It is key for success for the rest of your life."



BOOSTING EIQ

A blueprint for the future

So how can you help nurture your kid's EIQ? Educational website *Aha! Parenting* recommends a few basic steps that can go a long way. First, acknowledge that your child has a right to a perspective and that you empathize (even if you don't agree). Listen to your child's feelings and let your child work through tantrums and learn to handle them. Teach problem solving to make your child feel more empowered. And dive into some great EIQ-enriched books like *My Mouth Is a Volcano!* by Julia Cook and *The Way I Feel* by Janan Cain.

The benefits can be far reaching. The World Economic Forum's *Future of Jobs Report* recently confirmed emotional intelligence as one of the top 10 employment skills. "Today's progressive employers look beyond just the GPA or college degree," says Bruce Golboro, COO of leading tech company ITDATA, Inc. "We value job candidates that are empathetic, original thinkers – self-starters who are always learning and adapting. These employees make better decisions and demonstrate outstanding leadership."



CHOICES

Jewish day school and EIQ

Jewish day schools do a great job developing a child's EIQ, thanks to their warm, inclusive environment, deeply rooted traditions that provide a solid foundation and strong emphasis on empathy, self-reflection and social responsibility.

Students are taught to speak up in a dynamic classroom where every child feels valued. They leverage their study of ancient text to uncover richer meaning, find new ways to solve complex problems and develop their own identities. Children express themselves by leading prayer services and reasoning in two languages. They become uniquely prepared for success in an economy that values collaboration, innovation and creativity.

If you're considering Perelman and want to learn more, please call Mindy Andelman, Director of Enrollment, at 267-571-9319, mandelman@pjds.org