

Pointers For Parents

Enhancing A Child's Emotional Quotient

(NAPSA)—Research shows that people who are emotionally adept—who know and manage their own feelings well and can read and deal effectively with other people's—are at an advantage in any aspect of life and are more likely to be content and effective in their lives. Many parents have found a way to give their youngsters that advantage. In children, the ability is known as the emotional quotient (EQ). A high EQ is demonstrated by tolerance, empathy and compassion for others, the ability to verbalize feelings and the resilience to bounce back from emotional upsets. Children with high EQ have more confidence and trust in themselves.

"In the last decade or so, science has discovered a tremendous amount about the role emotions play in our lives," explains John Gottman, Ph.D., author of "Raising an Emotionally Intelligent Child." "Researchers have found that even more than IQ, your emotional awareness and ability to handle feelings will determine your success and happiness in all walks of life."

EQ, also known as emotional intelligence, involves at least five skills: self-awareness, managing emotions, motivation, empathy and social skills. While some of these skills are evident in a child's temperament, they can also be learned, leading to an enhanced EQ.

One tool available to parents is "Fun Baby," a new video for infants and toddlers that was developed by the makers of the best-selling "Calm Baby" video. The new title is overflowing with child-engaging toys, puppets and nature



With engaging images and music, a new video can help enhance a child's emotional intelligence.

scenes, accompanied by lively classical music and nursery songs.

The video is designed to:

- help enhance a child's emotional well-being, since the audio and video combination work together to bring about a positive and cheerful reaction; and
- stimulate the mind due to the use of classical music, nursery rhymes and brightly colored objects.

"Research shows that EQ matters more for a child's success and happiness than IQ and the first opportunities to shape emotional intelligence are in the earliest years," said Laureen Mgrdichian. "Additionally, EQ can be learned. A video such as 'Fun Baby' brings out more of the child's playful and happy state by demonstrating his or her primary and positive emotions."

To discover more about the "Fun Baby" and "Calm Baby" videos, call (800) 762-CALM or visit www.calmbaby.tv.