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Upcoming Events

- ◆ Early Closure 1/26
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## Raising an Emotionally Intelligent Child

### Raising and Emotionally Intelligent Child

#### Emotional Intelligence is:

“The ability to monitor one’s own and others’ feelings, to discriminate among them and to use this information to guide one’s thinking and actions”.

#### Why is Emotional Intelligence Important?

Emotion functions to help a child adapt within the environment. It provides the child with important information and prepares the child for action. Emotion is essential in communicating with others. Children learn to manage emotion in a way that helps them adapt.

#### Components of Emotional Intelligence:

1. **Self-awareness:** Ability to understand and be aware of one’s feelings and moods
  - Develop a feeling vocabulary
  - Label children’s feelings
2. **Managing Emotions:** Ability to display emotions in socially appropriate ways

- Teach children strategies for dealing with strong emotions
- Help children to understand that feelings change

3. **Empathy:** Ability to understand how others feel

- Teach child to link actions with emotions
- Empathize with your child
- Suggest ways your child can show empathy
- Instead of making a child apologize have the child focus on what the other child is feeling

4. **Social skills:** Ability to deal with others’ emotions

- Teach child that people express feelings in different ways
- Teach child that feelings differ from person to person

## Emotional Intelligence cont. College Closures

### When Talking to Your Child About Strong Emotions:

- Normalize your child's feelings
- Do not minimize your child's feelings
- Remember you are validating the child's emotion, not necessarily their behavior
- Avoid "hanging out to dry"

Sources: The Kempe Center at Children's Hospital 2005 Zero to Three 2009

### Upcoming Early Closures

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Just a reminder that The Children's Center will close at 3:00 on January 26 and February 23 for staff training.

### NECPA Accreditation

NECPA Accreditation

The Children's Center is continually looking for ways to improve our skills with the children and our services to you. As a part of this process we are seeking accreditation through NECPA (National Early Childhood Program Accreditation). Please keep an eye out for the surveys, they will help us to better serve you. Please look for the surveys by the end of January.

If Red Rocks Community College is going to have a late start or be closed due to inclement weather, the Children's Center is also closed. The college announces closures on the news and on their home page at [www.rrcc.edu](http://www.rrcc.edu). The Children's Center will change the outgoing voicemail message and we will try to email everyone as well. The decision for a late start or closure is typically made by 6:00 a.m. Please let us know if you have questions about this.

### Top 10 Reasons to eat Your Veggies!

As most of us begin the new year with plans to eat better, here is your list of the Top 10 Reasons to eat more Veggies

1. Taste great!
2. Fun to eat
3. Quick, natural snack
4. Variety
5. Vitamins and minerals
6. May reduce disease risk
7. Low in calories
8. Fiber
9. Convenience
10. Color and texture

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*Every child deserves a champion – an adult who will never give up on them, who understands the power of connection and insists that they become the best that they can possibly be.*

*Rita Pierson*