

## **One of the Best Things You Can Do for Your Child's Mental Health** **Health/Science**

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### **Helping your children develop greater self-awareness assists in developing their emotional intelligence and mental health.**

By Jenev Caddell, PsyD for verywell.com One of the best things that you can do for your children's mental health is to help them develop their self-awareness and emotional intelligence (EQ). Emotional intelligence is said to be just as important as intellectual intelligence (IQ) as it helps people strengthen their relationships with others and enjoy greater success in their careers, among many other things. **Emotional Intelligence can be developed** While some people may be more predisposed to developing high levels of emotional intelligence than others, research in fields such as interpersonal neurobiology and psychology continues to demonstrate the tremendous impact that early relationships have on the shaping of the human brain. In other words, you have a great influence on the formation of your children's brains and can assist them in developing their emotional intelligence. This article offers a few strategies, based on Dr. Daniel Siegel's work, to help you help strengthen your children's emotional intelligence. A simple acronym to help you help your children navigate their own experiences In his book, *The Whole Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind*, Siegel offers the acronym, "SIFT" to help parents show their children how to navigate their experiences in the world. An increased self-awareness helps the different parts of children's brains work together, become more integrated, and result in greater emotional intelligence and improved mental health. [...]

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