



10 TIPS
ON
HOW TO BE AN
EMOTIONALLY
INTELLIGENT
PARENT

By Mona Abdulrahim-Santl

Foreword

If you are a parent, you (amongst others) are hypnotizing your child every day!

Yes, hypnotizing! What do I mean by that?

As hypnotherapist, I usually see clients who want to get rid of behaviours or fears that don't serve them. Most of these originate in the first 7 years of our lives. So what I actually do, is "de-hypnotize" them from old traumas, experiences, beliefs and habits, that, many times, started with suggestions from parents, siblings, family members, neighbours, friends, teachers etc...

Parents always do the best they can for their child! Sometimes, though, the "best" is not the best for the child.

Here is an example of a client:

Sara had problems with her daughter Zina. She also had problems with her husband.

Like most parents that come to me, she started by saying that Zina had some behaviors that needed to be changed. She was aggressive towards her, did not listen, didn't want to get ready for bed at night unless her father came home, and had problems sleeping....

Instead of focusing on the 'faults' of her daughter, I started explaining to her what we do in every single session: a pre-talk - How does our mind work? What is the subconscious mind? What do emotions have to do with communication? What is perception? What are habits? Etc...

And asking her some questions about herself. It all starts with self-awareness. Already after one week, she noticed changes in the sleep pattern of Zina and also in the interaction with her. She was happy.

In this book, I am giving you the same tips I gave Sara in our first session.

These tips are based on Emotional Intelligence, meaning that you as parents will get more awareness of yourselves and your children, and, on Neuro-Linguistic psychology tools.

1. Self awareness

Emotional Intelligence has become a key word and skill people aim to develop. Emotionally intelligent people have better communication and relationships - whether in business with customers, team members, colleagues, or in personal relationships, with family, or children.

The first step to being emotionally intelligent is to become more **self-aware**

When it comes to parenting, many parents want to 'fix' their child, change their child's behaviors, and even sometimes the entire personality. A child is often only reacting to the environment. When we tell children to change, we are telling them they are not good enough the way they are!

So let's start with ourselves...

TIP # 1

**First of all become aware of yourself more.
Look at yourself through the eyes of your children.
What do they see? What do they hear?
How do you communicate with or in front of your
child?**

Answer these questions

- What are your strengths/weaknesses as parent?
- What pushes your buttons?
- What are your behaviors/your language around your child?
- What type of parenting style do you have?

Attention

All children want attention!

How do you react to them when they are calm?

What do you do when they are being “good”?

And how do you react when they do something “bad”?

Most of the time, we, as parents, give them attention when they do something “wrong”

Many parents tell me that they finally get to do their work, clean the house, cook, and do the million things they have to do when their children are being quiet and "good"

If you haven't noticed it yet, here 's a revelation:

Your children are Super smart and intelligent, and they learn fast: If you turn to them when they bother you, they will bother you more!

TIP # 2

Give them more attention and cuddles in times they don't not expect it. Times in which they had been unnoticed in the past.

Refrain from any attention when they do something “bad”.

While doing this don't talk to them logically, rather appeal to their emotions, this means instead of saying: “ you see how mommy is nice to you when you are a good girl?” just be with her, tell her that you love her etc.... , and most importantly let her feel that you really do.

2. Manage your emotions, impulses and stress

Stress is a natural response of the body to deal with danger or emergencies.

Our body has a natural 'fight or flight' response, a survival mechanism.

This means that in emergency situations, the oxygenated blood will be pumped to the arms and the legs, which we need to fight or to flee. This also means that all systems that are not part of the fight or flight process will be deprived and work less efficiently.

The part of our brain responsible for "thinking" is not part of any "flight or fight", or survival mechanism, so when we are stressed, we don't think as clearly and rationally.

Remember: Children are reacting to you!

Children pick up more on what you really feel than on what you say to them!

Don't associate any love or attention to conditions!

E.g. a subconscious association could be: when daddy comes home, he will come to me

So: let your husband talk to them more in calm situations, so they don't associate getting his attention when they are doing something you don't like.

Let them know that they are unconditionally loved

First

Take a deep breath before reacting, think of what you want to say, then say it

Don't let the issue control your words or your emotional state

Then

- **Watch your facial expression, your body language**

Be Selfish

- Think of YOURSELF first!
 - o Feel good about yourself
 - o Start a positive morning ritual (shower, get dressed nicely, put on make-up, do your hair...).
 - o Do things you enjoy
 - o This will make you feel better, and your children will also notice that , and it will have a positive effect on them
- Remember: people like to be around people who make them feel good!
Children don't know how to deal with a distraught mother - and also husbands don't ;-)

TIP # 3

**Deliberately choose your emotional state
– align with who you really are and what you
want to say —
and then talk to your child**

Remember:

1. Children respond to your body language more than to words
2. Children like to be with you when you are the “happy mom” or “happy dad”

So SMILE

Remember the story of 2 dogs who went into a room of 1000 mirrors:

The angry dog was barked at 1000 times,
The friendly dog was greeted with 1000 smiles



3. Be aware of your children

All information is received by our mind through our senses!
This means our senses are extremely important

We have different sensory preferences:

¥ Visual people learn better when they “see”

¥ Auditory people prefer having things said and explained to them

¥ Kinesthetic people need to experience and “feel”

Consider this when your talking to your child, or when your child is learning!

- No style is better than the other, just different!
- Children are different. Recognize them, their uniqueness!
- Understand and appreciate your child’s style!

TIP # 4

**If you want your child to change,
tell them they’re ok the way they are!**

This will motivate and encourage them!

4. Build relationships with your children

Rapport is the foundation on which all relationships are built.

Establishing a strong rapport and trust with your children may also be very helpful when challenges arise.

In order to build rapport, talk to the children in their style, in their language, using their words, and their body language.

We often expect the child to be like us.

Start with yourself.

Be 'like" your child!

TIP # 5

**Gain childrens' trust by building rapport
If you want your child to comply, talk to them in
THEIR STYLE!**

Listening

When it comes to communicating with your child, the first step is LISTENING!

- Most parents do not listen with the intent to understand. They listen with the intent to reply
- They are preparing to give advice
- They are filtering what they hear through their own values and beliefs - thinking of their own stories and experiences
- They are judging
- They just "know better"

NOTE:

Even though you 'know better' about how it was growing up, how it felt being in school, what achievements and failures meant to you, about re;lationships and family.....

You know NOTHING about being a child today!!!

Times have changed, and your child os not you!

So allow them to make their own 'mistakes' - of course within reason :-)

TIP # 6

- **Ask and practice to listen!**
- **Put your mobile away and practice empathic listening!**
- **This means put yourself in their shoes and understand what they are saying**
- **Listen to understand , not to respond, give advice or reprimand**

After listening and understanding, how do we talk?

Direct suggestions

1. Speak in positives

Our subconscious mind transform words into pictures. If I said "Don't think of a pink camel", the pink camel is already in your imagination!

You cannot not think of something you mention!

So say "You are speaking calmly" instead of "You will not be nervous"

2. Avoid "NO"

'No' is one of the most heard words as children.

It will create an internal block and stop. The more the child hears it, the more he/she will develop the belief that things are unattainable, too difficult etc... and more limiting beliefs are created.

3. Speak in the present tense

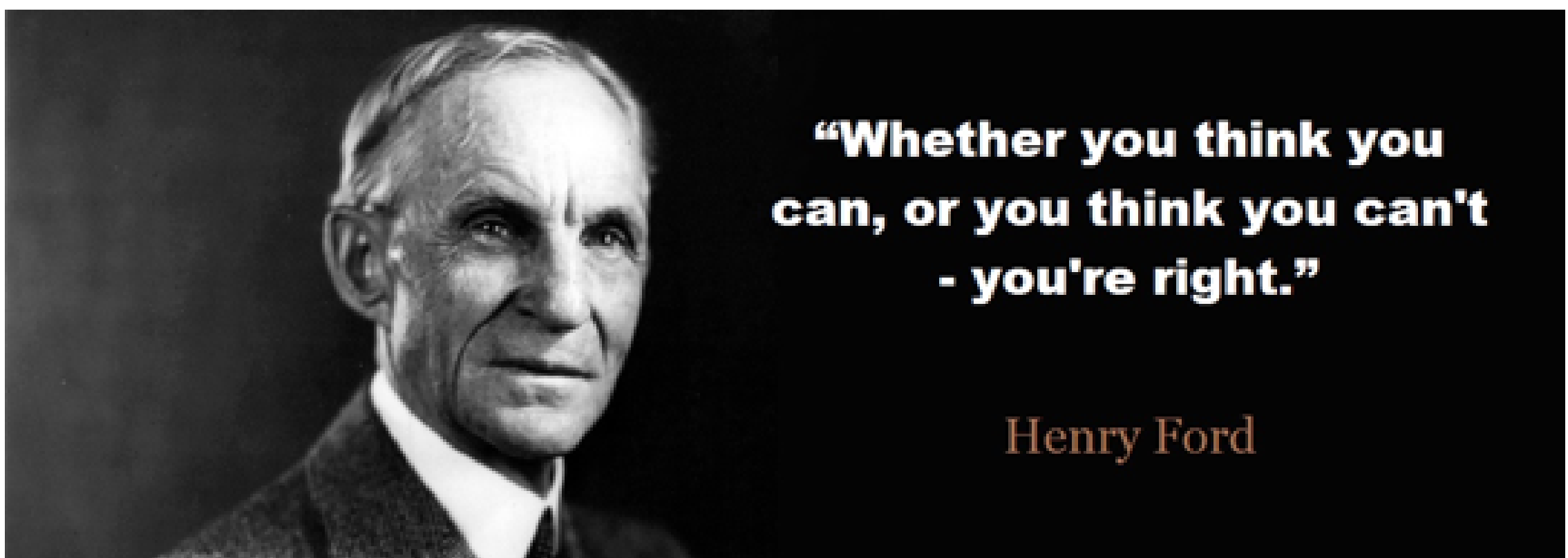
For our subconscious mind, there is no difference between imagination and reality, so what we imagine, is literally happening in our mind!

Therefore, if I say " You will be smart, confident etc....", I am literally saying that this will happen in the future, and you're not smart, confident etc... now!

Indirect suggestions

1. Use stories (neighbors, friends etc...) with a positive outcome instead of directly telling them what to do, for example you can say: "my friend's daughter was always tired in the morning, so one day she decided to do, and she woke up energetically!"

2. Body language / Visual suggestions



Habits

Habits are formed by repeating and reinforcing.

We get better and better at them, until they become automatic and unconscious!

Become aware also of emotional habits like:

- ¥ Explaining
- ¥ Discussion / questioning
- ¥ Perfect image in front of others
- ¥ Perfection and success as a condition for being ok
- ¥ Sarcasm / ridicule / joking
- ¥ Shame / blame / guilt
- ¥ Violence / abuse
- ¥ Fears
- ¥ Anxiety
- ¥ Beliefs like: “I am not good enough”, “I can’t do it”

TIP # 7

**The longer you say you can’t do it,
the harder it will be to understand “I can do it”**

**Remember: everything new is hard at the
beginning, and then becomes a habit.**

Children have become decreasingly independent (putting on or taking off shoes, washing hands, following instructions, making connections, communicating needs). Every wish is read from their lips so that children don't have the need anymore to do anything for themselves or think on their own 2 feet.

Perseverance : based on the instant gratification that children experience the whole day long, less and less children have a "giving it a go" or "I can do..." attitude.

Focus: Children are so bombarded with stimuli that it has become difficult for them to filter the inputs and prioritize.

Parents constantly talk at them, not with them.

Parents ask questions, but don't wait for the response.

They answer for the child....

TIP # 8

**Let the children get their things done themselves.
This will make them feel more confident and encourage
them to do more.**

**Let them answer questions themselves,
even if it takes a bit longer**

Remember !

- **Hold Back the Help**
- **Provide Direction when Needed**
- **Find Positive in the Negative**
- **Give Up on Perfect**

Practical ways to give RESPONSIBILITY

Expect more

Children are capable of much more. However, they get lazy when they don't have to do things.

"At school we expect the kids to pour their own water at snack, to throw away their plates, to hang up their jackets -- and they do," says Jennifer Zebooker, a teacher at the 92nd Street Y Nursery School, in New York City. "But then they'll walk out of the classroom and the thumb goes in the mouth and they climb into strollers"

Chores

- Putting them in charge of an age appropriate task will build their confidence
- Be sure the chore you assign is manageable
- Break the skill into small steps

Model

- As you are talking, do the actions that you are describing
- Make sure to "walk the talk", e.g. don't raise your voice when saying "don't shout"!
- Remember: children are copying you!

Let them make choices and find solutions

- Too much of their day is structured in supervised activities
- It's not your job to see that your child is entertained 24/7
- Narrow down the options first: 'Would you like meat or macaroni for lunch?' They're making the final decision, but you're still in control."
- This encourages creativity.
- Ask instead of telling, e.g. "what is it you are drawing?" instead of "sit down and draw a car"....

Resist doing

- While it may be quicker and easier to do it yourself, it won't help
- Appeal to their sense of pride: 'Do you want me to help you or can you do it yourself?'
- Don't redo what they've done
- Resist the urge to correct
- Unless absolutely necessary, don't fix what they do
- This may discourage them

Motivation

ENCOURAGE

- Be patient.
- Reward them with positive words
- Even when they make a mistake, correct them while encouraging.

PRAISE

- Reward regularly, often
- Reward irregularly (don't make it expected)
- If your child is always working for the reward, he won't learn the real reasons
- Focus on the times they are "good"
- Kids repeat behaviors that get attention
- Encourage teamwork

TIP # 9

Focus on the positives. We have a part of the brain that filters the information we "want" to see.

"Change the way you look at things and the things you look at will change"

So focus on your and on the childrens' strengths, point them out to them, this will make them feel good.

When they feel good they will want to show more of that.

Practical exercise for MOTIVATION

We tend to focus more on negatives than on positives.

Whilst we should not totally ignore the areas we can improve in, when focusing on the achievements, we encourage, motivate, and work on the weaknesses by building on the strengths.

- Start a journal or a talk at night, just before your child goes to sleep You can also do it with them, so it becomes easier for them - and it is also a good exercise for you :-)
- So, look in the mirror and talk to yourself in a loud voice. Engage many senses (eyes, ears and also feeling). Say to yourself all the things that happened during the day that were positive. NO NEGATIVE ALLOWED!
- For example: today, I was on time... today, I ate a healthy apple.... today, I told X how much I loved her... today, Y told me that she liked my dress.... today, I helped a lady find something in the supermarket... today, our tree had a new blossom.... etc.....
- Say things that you did, things that others did for you, things that you said, things that others said to you, how you felt etc.....

Remember to praise

Your child comes home with a report card.

You go through the grades, acknowledging the As and Bs, and then... you stop at that D! "Why a D?????" And the rest seems to be forgotten...

Sounds familiar?

Work on yourself....

Take a deep breath...

Become aware of your own beliefs and maybe insecurities...

And then praise the good, the achievements, even the small ones

Let your child feel proud for what he did

Ask for ideas for improvement instead of giving advice

When they come up with a solution themselves, you develop their sense of responsibility, they will be proud of their own solution, and will be more likely to take action

Note: We are more likely to do the things we came up with, than those forced upon us :-)

Dealing with stories that happened in school or with friends etc... is sometimes challenging.

**Every time we repeat a story,
we are creating a new memory of it in our mind!!!**

TIP # 10

**Don't ask them over and over again what happened
Instead: Ask them what they would have liked to do or
do next time**

**This will let them imagine what they would like to do,
and thus reinforce a new memory
and**

**It will develop their ability to find solutions, solve
problems, and be more self-reliant, which is a trait of
Emotional Intelligence**

When the children are stuck in an emotion (sad, frustrated...), shift the emotion, interrupt the pattern, e.g. talk to them about something that will make them smile

**Remember: Children already have a problem they are telling you about.
When you say: "why didn't you" , you are creating a 2nd problem, by
subconsciously telling them they don't know how to react, what to do
etc...**



Mona Abdulrahim-Santl

is the owner of Mind Your Power, a Holistic Consultancy focused on the development of a mindset of wellbeing and positivity, for the personal, educational and corporate environment. She is also the mother of 3 now adult boys, whose outcome she considers as her biggest success in life.

Having lived in several countries and continents, she understands how to flexibly adapt her training courses and coaching sessions to cultural, and also unique and individual needs.

As Master NLP Trainer, Psychology Healing Practitioner, Hypnotherapy Instructor and Emotional Intelligence Specialist, she regularly holds intercultural and motivational seminars and talks, and has designed and facilitated training courses in various areas of soft skills.

Mona is the founder of 'Hypno-Parenting'. She has worked with International Schools, training parents, and also academic staff in the art of effective communication. She is equally fluent in English, French, Arabic and German.

To learn more about the Hypno-Parenting
program,
visit hypno-parenting.com

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