



Being an Emotionally Courageous Dad

ELEMENT	STRATEGY	EXPLANATION
self-awareness	→ <i>explain yourself</i> →	Once things have cooled down, explain why you responded (or reacted) the way you did and talk through better solutions.
self-regulation	→ <i>respond, don't react</i> →	When we respond, we communicate clearly and in a developmentally appropriate way that our children will listen to.
motivation	→ <i>teach, don't punish</i> →	When possible, make mistakes and poor decisions into teachable moments rather than punishing without explanation or clarity.
empathy	→ <i>lead with empathy</i> →	Physically get on the same level as your kids and see the issue from their perspective.
social skills	→ <i>think of the long-run</i> →	Remember, you love your child and wanted to be a parent. Think of the long-term consequences of your actions and the lessons you are teaching.

References

- <https://www.danielgoleman.info/>
- <https://www.6seconds.org/parenting/>
- <https://www.psychologytoday.com/us/blog/the-therapist-mommy/202101/6-things-emotionally-intelligent-parents-do-differently>