

3rd Parents' Newsletter – February 2025

Topic: *“Resilience & Emotional Intelligence in Children – The Role of Parents”*

Dear parents and guardians,

In this newsletter, I would like to focus on developing three valuable skills in children: understanding and expressing their emotions (*emotional intelligence*), persevering through difficulties (*resilience*), and building healthy relationships (*social skills*).

These skills will benefit them not only now but throughout their lives!

Emotional intelligence helps children understand their emotions, manage them, and show empathy to others – essentially putting themselves in someone else's shoes. *Resilience* supports them in facing challenges; instead of giving up when things don't go as planned, they learn to find solutions and try again. Lastly, *social skills* help children feel more comfortable in relationships, collaborate better, and communicate more easily.

Below are some ideas to help you achieve these goals:

1. The Feelings Wheel

Create a simple circle with pictures or faces/emojis representing different emotions (happiness, sadness, anger, fear, surprise, etc.). Four to eight emotions are enough for preschoolers, but remember, every child is unique! Every evening, ask your child: *“How did you feel today?”* This habit helps them express themselves and understand their emotions.

2. The “Calm Corner”

A quiet spot at home with cushions, a book, or soft music can help children calm down when they feel upset or angry. When they feel unsettled, say: *“Let's sit here until we feel better.”*

Antonios Pentidis
Social Worker

4th, 107th, 122nd, 123rd & 148th Kindergartens of Athens

3. The Gratitude Diary

Each day, write down or draw something beautiful that happened together.

Ask: *“What made you happy today?”*

This helps children see the positive side of life.

4. Role-Playing Games

Act out small scenarios together to help children understand others' feelings.

For example: *“What would you say to a friend who feels sad?”*

5. Small Goals – Big Achievements!

Set simple daily goals for your child, such as:

- ✓ Saying “please,” “thank you,” and “sorry/apologies”.
- ✓ Sharing their toys.
- ✓ Tidying up their belongings.

Encourage them when they try and praise them when they succeed!

The Importance of School Collaboration

Parents and teachers share the same goal: to support children's development. Here's how you can help:

- Ask teachers about your child's school experience - especially during the termly pupil progress meetings.
- Share relevant information with teachers that could help (e.g., if your child is going through a difficult time).
- Discuss ways/strategies with teachers to help your child interact better with peers.

In Difficult Moments, Try:

- Deep Breathing: Help your child take deep breaths when feeling anxious. Try:
 - 4-7-8 breathing (inhale for 4 seconds – hold for 7 – exhale for 8).
 - “Box breathing” (inhale for 4 – hold for 4 – exhale for 4).

You can also count fingers instead of seconds!

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- Drawing: Ask your child to draw their feelings instead of expressing them in words. Then, ask if they'd like to explain their drawing!
- Storytelling: Find stories where characters overcome challenges.

Finally, love, attention, and quality time are the greatest gifts you can give your child! By spending small moments with them every day, you help them become stronger, happier, and more independent.

Thank you for being there for them and contributing to this beautiful journey!

I am always available for discussion, ideas, or questions.

With respect,

Antonios Pentidis

Social Worker

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