



## Box Hill South Pre School Inc.

Rotary Court, Box Hill Sth 3128 (cnr Riversdale Rd/Station St)  
[www.boxhillsouthpreschool.org.au](http://www.boxhillsouthpreschool.org.au)

Parenting Information Night Term 1  
Thursday 24<sup>th</sup> March 2011



## **Emotional Intelligence: What is it and why do kids need it?**

EQ (**Emotional Intelligence**) is being smart about how we act and feel. It helps us make better decisions about how we feel and interact with others.

Research indicates that your child's emotional health has a direct affect on their general success in life. A happy child at home and school is more likely to reach their potential than a child who lacks social skills or cannot manage themselves.

**We'll discuss the 4 key areas of emotional intelligence and ask questions like:**

1. Does your child suffer from uncontrollable outbursts of anger?
2. Is there a mad scramble every morning to get your children out of the door?
3. Does your child find it easy to break into existing groups of play?
4. When was the last time your child had a good belly laugh?

Children are learning from the day they're born. Unlike academic intelligence, emotional health can be learnt in the home. As parents, we need to actively teach our children **EQ skills** and the earlier we start teaching them the better!

**There will be give aways, surveys and loads more.**

**Come along and learn how to teach your child some simple but effective life skills.  
You'll be surprised at how quickly you will see them thriving in the playground,  
at home, kinder and school.**

### **Details**

**Time:** 7.30pm - 9.30pm

**When:** Thursday, 24th March 2011

**Where:** Box Hill South Pre School, Rotary Crt, Box Hill Sth

**Cost:** Gold coin donation (funds raised will go towards the new slide)

**Speaker:** Lou Fogg (SmartyPants Kids founder)

**RSVP:** [katie.lane@mac.com](mailto:katie.lane@mac.com) by Sunday 20th March  
(numbers required for give aways etc)

**Bring a friend or two!**