



How To Raise A Creative Child With High Emotional/Quotient

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Abstract

Parents raising children who are collaborative, have responsibility, self-control, self-discipline, who are constructive and creative depends upon their establishing a firm relation with their children, full of love and kindness. Parents should know to listen to their children, pay attention to their feelings and needs. Parents who try to teach responsibility and discipline to their children must first behave the way they expect their children to behave. To build a good relationship, they have to instill and reinforce confidence by giving them proper tasks according to their age and capacity. Children should be taught morality and ethics. They should be presented the opportunities to improve themselves and be guided on the path of life in the best way possible. Parents should share effective time with their children. They should try to improve themselves as well as their children to set an example for their children. Parents must teach their children the ways to deal with their feelings and with life, instilling strength and durability in them. One of the first things they should teach their children is to take pleasure in being now and being alive. There are many ways to support the children so that they can grow up with high emotional quotient and be creative adults. Children must be taught the way of positive thinking. They must be taught how to handle their anger and sadness as well. They must keep in mind that the aim of life is to be happy, take joy from the moment and give



whatever they can offer to the universe. Children should be taught that whatever they would like to succeed and create must also serve as a positive contribution for other people as well. Parents should always show their children that they care about them, and they get excited about whatever they would like to tell. Children must be offered life-long support and they must be aware that they will always have this support and confidence nearby.

Keywords: *Creative Child, High Emotional, Emotional and Child*

1. Introduction

Parenthood is a long and tiresome journey however it is possible to take pleasure and add meaning to it. First of all, parents need a strong and positive attitude. Raising a child is an interactive and social process.

Beginning from his birth, a child should be encouraged to discover the world and satisfy his curiosity. He must be given opportunities. Occasions must be prepared for him to discover the outer world. He must be persuaded that he has the capacity to make the discoveries and inventions. Parents must stay at such a proper line as a limit, so that the child gets your support and feels you nearby and at the same time, he feels free not seeing you all the time. To teach them the life skills and to support them in finding what they love to do, is a multidimensional procedure. Children should be supported both with their cognitive developments and with their motor control developments. Parents should help to teach their children proper nutrition as well because all the other factors will build up on top of a healthy body. He must also be taught ethics and philosophy to give him the strength to hold on to life. Parents have great responsibility and work; however, children's success and happiness is not under their sheer control and responsibility. Children are affected by the environmental conditions as well; so, the other people around in school or anywhere are also included in the process. If the parents are good examples for their children and make efforts to establish warm relationships full of love, the rest will be settled easily.

2. What to know about raising a child generally?



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First, parents should know that; the prize of telling the children always the truth is gaining their trust. You must always tell them more than what they can understand. What they cannot understand will arouse their curiosity. It is not easy to treat and raise them without disapproval and praise, however; parents should be cautious about the balance and frequency of these. The children should not be compared with other children. Praise should be used more than disapproval. One of the first things they should learn is the sense of justice. They must be taught to be respectful to others. They should learn that if they do not want something to be done to them, they must not do that to others either. Parents should not miss the opportunity to praise and reward them if they did something good, nice, and acted kindly and gently towards others. Parents should instill a sense of fairness in the thoughts, habits, and attitudes of their children. Berating them constantly, forbidding noise and telling them how to behave all the time, puts them in stressful conditions and makes them unhappy. Especially if children are put under pressure constantly, their inferiority complex is transformed to a source of unhappiness. Education forms through processing of their instincts, not their being under pressure. Children should be taught to take responsibility and be given the chance to fix the situation if they did something wrong. They must be taught self-control and self-discipline.

Parents who teach their children not to lie while always telling lies themselves, certainly lose their reliability. Parents never have to pretend that they are flawless, extraordinary and as if they are superhuman. If you ever threaten your children, go and do what is necessary.

The aim of the education is to satisfy the curiosity of the children while teaching them how to satisfy their own curiosity themselves. Curiosity should be taught to them as something very precious and deserving praise.

School work must be seen as important and interesting by the children. Children who are not successful during their undergraduate school period are detected as very successful during their undergraduate period. This means that they like studying and learning what they feel is important. Children must have the opportunity to reach the knowledge courageously in a limitless way. If the knowledge world is presented to them freely and entirely, learning becomes a fun rather than an obligation. Their missions must not be unevenly heavy according to them. The important key point is to provide them with seeing the relation between knowledge and real life.



3. What To Know About A Child's Brain?

In order for our children to feel happy and safe and good, they should be in a harmonious environment and condition, and they must be kept away from chaos and intolerance. Parents should approach their feelings gently and empathize with them. To realize and build a solid relationship with them, parents should learn some data about the children's brain.

For example: The left brain likes order and system. It is logical, realistic, linear and likes linguistics. It likes lists a lot and feels comfortable with the lists. On the other hand, the right brain is holistic. Because of the reason that it is not verbal, it likes to make sense of the eye-contact, mimics and jests of the face, the posture of the body and looks at the whole picture instead of the details. Right brain gives people some instinctive feelings and inner voices. Both parts are equally important, and people need both parts evenly. The feelings are important however people should not ignore the logical part as well, in order to establish a meaningful life. We should neither ignore our feelings and live in a logical desert deprived of the colors of life. People are sometimes rational, sometimes irrational and reflective from time to time. In order for our children to live their life effectively, happily and properly, parents should help them to integrate their logic and feelings meaningfully.

The bottom part of the brain is related to the feelings that try to keep people alive. It is called the reptilian brain. It is related to the intuition and insight of the person so that he can get the messages that will keep him alive. The upper part of the brain is relevant with the thinking activity. This part is called the frontal lobe and it has improved by time in humans. The cognitive dynamics and mechanisms are processed in this part. In the ancient times it was hard to survive in many ways and our ancestors were trying to stay alive by their instincts and intuitions. However at this time children should be taught to integrate their upper and lower brain as well as their right and left brain.

If children are captured by a tantrum, this means that they are being dominated by their lower brain and amygdala. At this time he cannot prevail his feelings, can't see the consequences of his attitudes and cannot solve the current problem. When a child is at this resolution condition, a parent should instantly put the limits without losing time and prevail the situation. A parent should help the child to integrate his upper and lower brain by addressing the child's upper brain and activating it. The upper brain is like a muscle and it gets stronger as it works. A strong upper brain is the basis for intelligence and it balances the lower brain as well. To activate the



upper brain, parents may try to empathize with the children, talk to them, let them tell their feelings and why they got angry and disappointed. Parents should give them the feeling that they are ready to help without compromise. They may try to hug them, talk to them calmly and get them away from the place and the subject. They may try to offer them choices and options. The best thing to teach children about their brain is to teach them that they can talk with their brain. They can control their brain and keep in touch with their brain. Parents should offer the facility of expressing their feelings and remembering what happened after a frightening and compelling experience. Parents must listen to the feelings of their children and show their children that they care about their disappointments. Parents also have to take care of their children not only about their physical needs, but also they should provide for them to get rest and to feel alright.

Sometimes a parent may realize that his child is being affected by a past experience and his feelings and attitudes are under the influence of this experience. If parents in a way feel that their children are ever in a struggle about something they have lived before, the best thing to do is try to make them tell the story of the event. This is so important because; if they are able to tell the story of an unwanted experience, the puzzle is collected together and it causes them to get less frightened, less angry and less sorry. As a result the child becomes happier, calmer and braver.

4. How To Increase The Emotional Quotients Of The Child

In order for a parent to raise a child with high EQ, first of all a parent must observe his own feelings and try to conceive himself. He should look at himself impartially and try to see how much he can control his own life. He has to be aware of his own aims and his aims about his family. He has to conceive what he can do about himself and the other people around in order to improve and help people progress.

He has to check if his child is communicating with the environment properly, if the child is solving his problems easily and if he is aware of other people's feelings.

A parent should teach his child that the first rule to reach a goal is to dream, make efforts and be patient. A parent also should teach his child that to imagine what he wants to achieve gives a lot of strength and provides him with high frequency. Also what he determines and defines



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with his mind must be wished by his heart as well in order for him to realize these goals. A parent must assure his child that he is special, he is proud of his child and he trusts him.

A parent must teach his child how to handle a negative situation, how to stay positive and keep calm. The child should be taught to control his temper and his anger. The important thing here to teach the child is that sometimes, the situations that seem bad to us may contain beneficial conditions as well. Parents that are conscious and supportive present their children the opportunity to struggle easily with the diversities and hardships of life. If a child sees his parents producing effective solutions calmly for their problems, he will learn naturally how he should behave when he encounters a problem. Children learn with their mirror- neurons, by imitating people around. The easiest way to teach a child is to set a proper example for him.

If children are taught communication skills properly, parents will attain the ease of reaching the inner world of their children and what they need and what they're going through as well. The children with weak communication skills have more problems and difficulties in their school life.

If parents want to enhance the communication capacity of their children they might begin with expressing their own feelings to their children as a beginning and sharing what is important for them with their children. When they observe and capture that their children are in a negative mood, they should approach their children and try to reach to their emotions. Parents should ask their children some questions that show that they are interested and care about their children's life.

The praise is necessary for the children; however, it should be specific and consistent so that the child can figure out what the proper behavior expected from him is.

When a child is trying to tell a parent something, the parent must be sure that he is ready to listen. He must listen to his child carefully and meticulously. While they are talking, a parent should look directly in the eye of his child and make sure that his child feels that he is understood. It is a perfect way to embrace him, hold his hand and pat on the back frequently while always expressing in words that he is loved. As a parent it is a proper thing to reflect your will of helping your child onto your words, manners and attitudes.

As a parent you should always keep in mind that television neither can replace a book, a play nor a friend. There are a lot of various activities to enhance the EQ of a child. The basic cornerstone however is gaining experience. For example working in a soup kitchen,



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participating in a cleaning environment activity, reading for the old people, helping the children younger than them with their lessons and serving in a way for the ill children.

Parents must teach their children the importance of morality and ethical values and be consistent about their own values. In order to establish a value like that, parents may choose some books to read together that inspire ethical values, honesty and morality.

Parents should find a way to use the power of humor while they are training their children. If a parent shows his child the power of humor, that child may deal easily with his inner conflicts, concerns and at the same time he may find solutions for his problems in an enjoyable way. He learns to handle psychological matters and struggle easily with the hardships. It is a reasonable and wise way to encourage children to make jokes and to find a humorous aspect in every difficulty that they encounter. It would even be very sensible if they learn how to express their feelings in a humorous way. The easiest way to encourage a sense of humor in children is simply playing with them. Children like nonsense and funny plays. Humor is the best method for reducing stress and to overcome certain fears, problems and conflicts.

The play is very vital for a child because of the reason that it serves as a natural learning environment. It is a world in which he experiences all he has seen and heard and intensifies all he has learned. He prevails in this world, rules it and changes the rules as he wishes. He reflects to this world everything he has got from the outer world and at the same time he contributes from himself. His life is reflected into the play.

Parents should encourage their children to participate in some groups such as; sports, musical groups or orchestras, computer groups, chess teams, theater groups, in any kind of art activity groups and dance groups. Some hobby groups, nature groups and scientific groups as well may be chosen.

The activities that reflect the importance of the learning activity are also very convenient for the children; such as playing scrabble, subscribing to a child magazine, encouraging children to read a newspaper and discuss daily events and talk about what they have learned in school. Visiting museums and archeological places are very efficient as well. Parents may also support their children's education by sending them to summer camps.

Parents should instill time consciousness in their children so that they can make use of all these activities and take control of their lives.



5. Enhancing The Intelligence And Creativity Of The Child

The creativity of a child depends upon so many factors and there is a lot to do to enhance it. First, a baby's brain begins getting shaped during his mother's pregnancy. What that mother eats, if she is under stress and how much she sleeps affects the brain of the baby in addition to the hereditary factors. Family's socio-economic state is another important factor to feed the improvement of the brain. The more words that the child is exposed to, means more synaptic connections and more intelligence. Only one neuron gets in touch with the other hundred billion neurons through the web of connection, via ten thousand connections. Epigenetics recently proved that the brain is elastic and can develop. Parents can support their children in many ways, so that their children's intelligence increases. Spatial conversations, especially showing the dimensions and shapes of the objects, contribute to the intelligence of the children. To be able to rotate the objects in their minds and to copy the block designs are so useful for them. Farther than the words and the objects' spatiality, the numbers are quite significant. The sooner a child meets and recognizes the numbers, the more he conceives the world.

It is important for a child to learn as many words as possible, however how these words are spoken is just as important. For example; the friendliness and sincerity of the parent and the kind relation in between while speaking means a lot. The adjectives and analogies contribute to the child if parents may use them as much as possible.

In order to enhance the creativity of a child, first of all a parent must fulfill his own desires, and he has to take his own time to improve himself. If the child sees his parent making efforts to progress, and enjoys doing this; he will follow his parent in the same way. As a parent if he also spends quality time with his child, the child becomes more creative. It is very reasonable to provide some materials for the child and to find out what may arouse interest in the child. These materials may be LEGO, crayons, clay and musical instruments. Other materials that may be found easily at home are; bottle cork, stamp, toilet paper roll, rope, string, bead, material, paper, glue or many other things. Children are ready to imagine and create if parents provide them the proper environment. It is very useful some nights to close all the electronic devices and spare time together in order to increase and feed the relationship and intimacy. Spending time with the child in nature, investigating plants, flowers, trees, animals and all their details, activates the child's creativity. A parent should absolutely teach his child to enjoy the



very moment they live in and be grateful for everything he lives. To teach them to thank and to say 'please' is also very important.

There are many other activities that parents can do with their children: Tell his child to close his eyes and listen to the music, then ask him what kind of emotions music has aroused, show the child some abstract figures or pictures and ask him what the image reminded him of, show him a picture then close the picture and ask him to draw what he saw, close his eyes make him smell something and ask what it may be.

There are various other plays parents and children can play together. For example a parent may ask the child what else can replace a specific object (what can be used in place of it), the child may be asked to look at the picture and make the people speak according to their body language. It is possible to try the same thing with the animals. Caricature and humor are the main things that can insert and inspire creativity in a child. It is a useful method to stop while telling a story to the child and ask him to complete it. Trying to cook a different meal together is a very creative activity as well.

While walking on a street asking him who may live in this house and what their jobs may be, for example, is a good exercise to share with the child. To fill in the blanks exercises, movies, theaters, poems, finding rhymed words and songs are useful tools to enhance creativity. Brainstorming, proverbs, puzzles and books of course are indispensable. Parents can increase the creativity of their children with the help of their own creativity.

The purpose of all the creativity exercises and activities is to teach the child to pay attention to his emotions, thoughts, images and perception in his mind. If the child can be able to be aware of them, discern and eliminate them then he will perceive himself profoundly, take control of his life and live a satisfied, meaningful and happy life.

6. Conclusion

Parents may not control everything about their children while the children are growing up, however; the way they are raising them and treating them presents vital contributions. They have to take good care of their children, however this doesn't mean surrendering to their whims. First of all they have to teach their children not to focus on the consequences but enjoy the duration. It is so meaningful to teach them that success builds upon failures so they must be

persistent. They have to learn to take pleasure not only from individual success but also from the success that has gained collectively together with the others.

A parent should let his child make a choice freely, respect the efforts he makes, give him tasks and responsibility, and quit thinking in place of the child. There are many procedures and practices that parents may implement, for them to raise a unique, independent grown-up who has free will, wisdom and creativity. Self-regulating and executive function skills as well are important skills that supportive parents can instill in their children. A parent should enter his child's area of interest, be a part of it and enrich their relationship. He has a great chance to contribute to his child if he can enter into this special interest area. This makes the child's brain shine. A child whose brain is integrated develops a strong morality and ethic sense together with empathy feelings. He also gains the capacity to take control of his life.

He must be taught to solve problems. The parents that can achieve this, happen to encourage their children to be able to think multidimensionally. Specially if a child observes his parents producing new ideas and solutions for their problems, he naturally imitates this behavior. If a parent teaches effective communication skills to his child, he can get into his child's world easily and can help him easily.

Parents also must make use of the advantage of smiling and encourage their children to follow their dreams as forward as possible.

7. Resources

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