



Families Uniting Through Literature “FUTL”

As promised, here are materials that you can use to begin a family program based on communication around children’s books to improve the emotional intelligence skills of the entire family.

Don’t forget the goals:

- To encourage parents to spent more quality time with their children,
- To encourage parents to be responsive to their children’s questions and concerns,
- To encourage parents to increase the quantity of words used in conversation, and
- To encourage parents to express approval/affirmation of children’s thoughts and feelings.

The constructs of Emotional Intelligence:

- Enhancement of emotional literacy
- Recognizing patterns of behavior
- Applying consequential thinking
 - Navigating emotions
- Engaging intrinsic motivation
 - Exercising optimism
- Increasing empathy
- Pursuing noble goals.

Good Luck!



Dr Rhythm