



**A Parent Guide to
Raising Kids with
Emotional
Intelligence**

3 Steps from CHAOS TO CONNECTION

by Stephanie Pinto

3 Steps From Chaos to Connection

Hi! I'm Stephanie Pinto

And I'm here to help you and your kids connect, communicate, and truly understand each other, so you can build a more emotionally connected and resilient family.

I'm an award-winning Emotional Intelligence coach, best-selling author, and international speaker. As the host of the Emotionally Intelligent Parenting Podcast, I support parents just like you to raise confident, emotionally intelligent kids, without yelling, punishments, or power struggles.

Together, we'll turn chaos into connection, stress into calm, and frustration into growth. Ready to make the shift?



Thank You!

I am truly grateful that you've taken the time to download the "3 Steps from Chaos to Connection With Your Kids". I have put this guide together to save you time. Honestly, this may seem like a simple list, but believe me, this list will give you some of the key foundations for bringing calm into your home and raising emotionally intelligent kids. I want to share it with you now so that you can get rid of the overwhelm and start connecting with your kids on a whole new level.

Enjoy your guide!

My best wishes,
Stephanie Pinto

3 STEPS FROM CHAOS TO CONNECTION

STEP 1: Know Your Triggers.

1. Observe yourself when your kids frustrate you and list down these triggers.

How To:

This is Emotional Intelligence 101. Begin by gently tuning in to what sets you off. Is it when your child ignores you, talks back, or refuses to cooperate? Write down these specific moments without judging yourself. The goal here is awareness, because when you know what your emotional triggers are, you can begin to shift how you respond.



2. Brainstorm circuit breakers to use in the moment, to prevent yourself from getting angry.

How To:

A circuit breaker is a simple strategy that interrupts your rising anger and gives you a chance to reset. It could be a deep breath, a calming phrase like "Pause, not panic," or walking into another room for a moment. It's about stepping out of autopilot and choosing a calmer path, one that models emotional regulation for your child, too.

3. Create the outcome you want in that situation by noticing how you might be sabotaging it, and how you can work with your child to solve problems in the moment rather than punish.

How To:

Ask yourself: What do I actually want here, connection, cooperation, or understanding? Sometimes our reactions (like yelling or punishing) get in the way of that goal. Instead, shift into problem-solving mode: "What's going on for you right now?" or "How can we fix this together?" This teaches your child valuable life skills and strengthens your relationship at the same time.

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STEP 2: Support Your Child's 'Big' Emotions.

1. Teach your kids how to label their emotions and build their emotional vocabulary.

How To:

When kids can name their feelings, like "frustrated," "embarrassed," "left out," or "excited", they're much better equipped to express themselves without meltdowns or shutdowns. You can gently help them build this emotional vocabulary by reflecting back what you notice: "You look really disappointed that the playdate was cancelled," or "I can see you're feeling nervous about the test." The more words they have for their inner world, the easier it becomes for them to communicate what they need, especially in those tricky, emotional moments.



2. Model coping strategies for your kids so they can learn to respond, not react.

How To:

Our kids are watching us all the time, often more than they're listening to what we say. So when they see you take deep breaths, pause before responding, go for a walk to clear your head, or even say, "I'm feeling overwhelmed and need a minute," they're learning powerful tools through your example. It's okay to be imperfect! In fact, showing your own coping strategies in real-time makes it more relatable and shows your child that emotions are normal and manageable. You're not just teaching emotional regulation, you're living it.



3. During big emotional expressions, hold space for them by supporting them to sit with the emotion, talk about it, and brainstorm how to move on.

How To:

When your child is having a big emotional moment (anger, sadness, fear) your calm presence is key. Instead of rushing to fix or stop it, offer comfort and empathy: "I'm here. This is really hard right now." Let them feel and name the emotion, and when they're ready, gently guide the conversation: "What helped you calm down?" or "What could we do differently next time?" These moments can become powerful lessons in emotional awareness and problem-solving.



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STEP 3: Understand Your Partner's Challenges

1. Other parent not on the same page?

Communicate openly.

How To:

It's easy to assume that your partner sees parenting the same way you do, especially when you're both doing your best and have good intentions. But so often, our beliefs about what's "right" or "normal" in parenting come from how we were raised or what we value. If those aren't talked about openly, they can clash hard—leading to arguments, confusion, and even resentment. Take the time to regularly talk about your parenting approaches—what matters to each of you, where you differ, and what compromises might work. Open, non-blaming conversations can help you feel more like a team, even if you don't always agree.

2. Check your expectations.

How To:

Unspoken or mismatched expectations can quietly build pressure and create unnecessary tension. Maybe one parent expects strict bedtimes, while the other is more go-with-the-flow. Maybe one expects equal parenting duties, while the other is following what they saw growing up.

Take a moment to ask: Are my expectations realistic? Have I actually shared them clearly? Instead of holding onto frustration when things don't go to plan, get curious about your partner's viewpoint and talk through where you might be misaligned. Adjusting expectations (on both sides!) can bring a huge sense of relief and clarity.



3. Make fair agreements about routines and rituals.

How To:

Every home has its daily patterns—like how mornings run, how discipline is handled, or who does what at bedtime. When these routines are causing stress or conflict, it's a sign something needs to shift. Rather than gritting your teeth and pushing through, sit down and review what's working and what's not. Maybe one partner is always stuck with the emotional meltdowns or dinner chaos, and it's leading to burnout.

Make small, practical agreements that feel fair to both of you, and don't be afraid to tweak them as life changes. Flexibility is a superpower in parenting!



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☀️ LET'S PUT IT INTO PRACTICE.

Now's the time to take action, step by step, so you can actually see real change.

Don't let this become just another guide you read and forget about, like a book or podcast that inspires you momentarily but fades into the background. I want you to get the most out of this!

Here's your next step: choose just three things to focus on. That's it. Then start with number one. Don't try to do it all—when we take on too much, we end up doing nothing. Keep it simple, keep it doable.

#1

3 STEPS FROM CHAOS TO CONNECTION

#2

#3

Love this resource?

I have a gift for you!



If you're feeling called to deepen your Emotional Intelligence as a parent—and discover how it can truly transform your home, your relationships, and the way you show up for your kids—then this is the perfect place to start.



Join the movement with this short introductory course - it will give you a clear understanding of how you can immediately start raising Emotionally Intelligent kids TODAY.

This beginner course is designed to empower parents with the knowledge and skills to raise emotionally intelligent children.

Get immediate access to:

- Six bite-sized lesson videos (max. 10 min each)
- Bonus exercises and resources to deepen your learning
- Your GIFT: Emotional Intelligence Quiz to pinpoint your strengths and areas to continue developing.

How to Raise Emotionally Intelligent Kids Course.

Through three transformative modules, you'll discover how to break old emotional habits, respond calmly to your child's behaviour, and teach them essential emotional intelligence (EI) skills that will set them up for life.

By the end of the course, you'll feel confident to begin your journey of fostering emotional resilience, empathy, and self-awareness in your child.



Exclusive Bonus Resources:

In addition to the core modules, you'll receive valuable bonus resources to further your learning.

These resources are designed to support you in applying emotional intelligence principles in everyday parenting situations.

1. Learning and Unlearning Emotions Exercise
2. How to Respond, Not React Poster and Exercise
3. Adults Emotion Wheel by Stephanie Pinto
4. Emotional Intelligence Quiz - Parents and Child versions.

Total value of all of this is \$295.
But we set the price at just \$97...
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TESTIMONIALS



My husband and I attended Stephanie's EQ workshop in Sydney and walked away with a new set of skills to help us facilitate our 2 young children to be emotionally ready for the world. Thank you Stephanie, your passion is truly amazing.

— **Rebecca Clancy, mum of 2.**



Stephanie's emotional intelligence workshops have been very insightful. It has certainly helped me and my daughter. It certainly offers excellent tips on self awareness, adaptability and parenting tips. I cant recommend her workshops enough.

— **Vicki Mills, mum of 1.**



Steph is amazing! Parenting can be hard and she breaks it down, gives different strategies and ideas on how to handle different situations that we come across with our kids.

— **Danni Figures, mum of 2.**