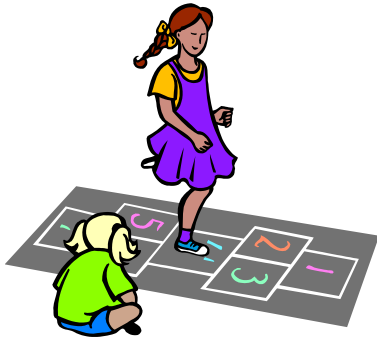


The Other Side of the Report Card

Using Emotional Intelligence to Improve Self-Control and Self-Discipline



Have you ever yelled at your child to stop yelling at his sister? In his book, *Emotionally Intelligent Parenting*, author Dr. Maurice Elias offers a new Golden Rule: *Do unto your children as you would have other people do unto your children.* And, most important, he shows us how to live by it.

Family is our children's first school for emotional learning, where they learn how to feel about themselves; how others react to their feelings; how to think about these feelings and what choices they have in reacting.

- **Use** strategies that allow them to deal with their feelings in positive ways.
- **Display** the self-control they need to effectively communicate with others.
- **Respond** to social situations in more thoughtful and responsible ways.

Dr. Maurice Elias devotes his research and writing to the area of emotional intelligence in children, families, and schools. He is the author of many books and articles and is a Professor of Psychology at Rutgers University, Co-Founder of the Consortium on the School-Based Promotion of Social Competence, and serves on the Leadership Team of the Collaborative for the Advancement of Social and Emotional Learning.

Tuesday, November 29, 2011
Livingston High School Auditorium
30 Robert Harp Drive
7:30 p.m. – 9:15 p.m.
Free and Open to the Public

For More Information

Contact Pam Chirls, pchirls@verizon.net or Jane Hecht, jyhliv@hotmail.com

Program Sponsors

Livingston Municipal Alliance Committee • Livingston Board of Education • Livingston Parent-Teacher Council • Healthy Community / Healthy Youth • Jewish Family Service of MetroWest

