

23 - In a detailed longitudinal study, (Development

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© SPMM Course 9. Emotional literacy and fears Emotional literacy is a term used interchangeably with emotional intelligence (Steiner, 1997). Components of emotional literacy includes:

1. Knowing your feelings
2. Having a sense of empathy

3. Learning to manage our emotions
4. Repairing emotional problems
5. Emotional interactivity – putting it together Emotion regulation describes an individual's ability to gauge the appropriate level of emotional response required and respond to environmental stimuli with a range of emotions in a controlled manner (Panfile and Laible 2012). Emotion regulation develops throughout the lifespan (Cole et al., 2009). Infants have limited emotional regulation, shown by gaze aversion and vocalising. Around 1 year of age children are able to unconsciously regulate their emotions. Between 3 and 5 years (at kindergarten) children may tolerate ordinary, brief frustrations and handle minor disappointments (Cole, 1986; Cole et al., 2003). In a detailed longitudinal study, (Development of Toddlers Study (D.O.T.S.)) Cole et al. observed the child in spontaneous situations at 4 time points (18, 30, 36, 42 months). Their observations are tabulated below:

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