

Grandparenting from Your Heart:

Building Stronger Bonds Through Emotional Intelligence and Wellbeing



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**Emotional Intelligence (EQ) develops
through relationships**



Your everyday presence teaches far more than advice!

The Affirm & Reflect Tool

Builds:

- Self-worth
- Resilience
- Emotional confidence

Reflect back what you see:
“You handled that really well.”
“I noticed how kind you were.”
“You didn’t give up, that’s strong.”



Emotional Intelligence

Self-Awareness

What am I feeling?

Self-Management

How do I handle it?

Empathy

**What are they
feeling?**

Connection

What do they need?

Practical Ways Grandparents Can Build EQ



Practical Ways Grandparents Can Build EQ

1

**Listen with
Intention**



2

Use Storytelling



3

**Help Children
Name Emotions**



4

**Create
Meaningful
Moments**



Listen with Intention

The “Listen, Don’t Fix” Tool

- Instead of advice, stay curious
- Children don’t always need solutions; they need to feel heard



Try:

“Tell me more about that.”

“What happened next?”

“How did that make you feel?”



Use Storytelling

Little Ones:

- Relatable characters
- Relatable circumstances
- Guiding messages (strength, resilience, bravery, etc.)

Teens:

Share moments when you:

- Faced challenges
- Made mistakes
- Learned resilience



Help Children Name Emotions



The “Emotion Naming” Tool

Often, kids feel emotions but don’t have the vocabulary to describe them.

Try:

“It sounds like you felt disappointed.”

“That must have been frustrating.”

“I see how excited you are.”



Create Meaningful Moments



Little Ones:

The “Special Ritual” Tool

Ritual creates connection:

- Baking
- Reading
- Walking
- Playing a game
- Doing a puzzle

The ritual can
change...

The constant is
YOU!

Teens:

The “2-Minute Connection” Tool

- Meet kids where they are... online?
- A short call where you listen
- A voice note
- A rose and a thorn (the best and hardest part of the day)
- A routine text, “Thinking about you.”



Contact Information



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“...never stop dreaming. It is important to know that by helping others realize their dreams you get closer to your own. You have been given many gifts. Share what you have learnt on your journey.”
- Mr. Cotton

Q & A

