



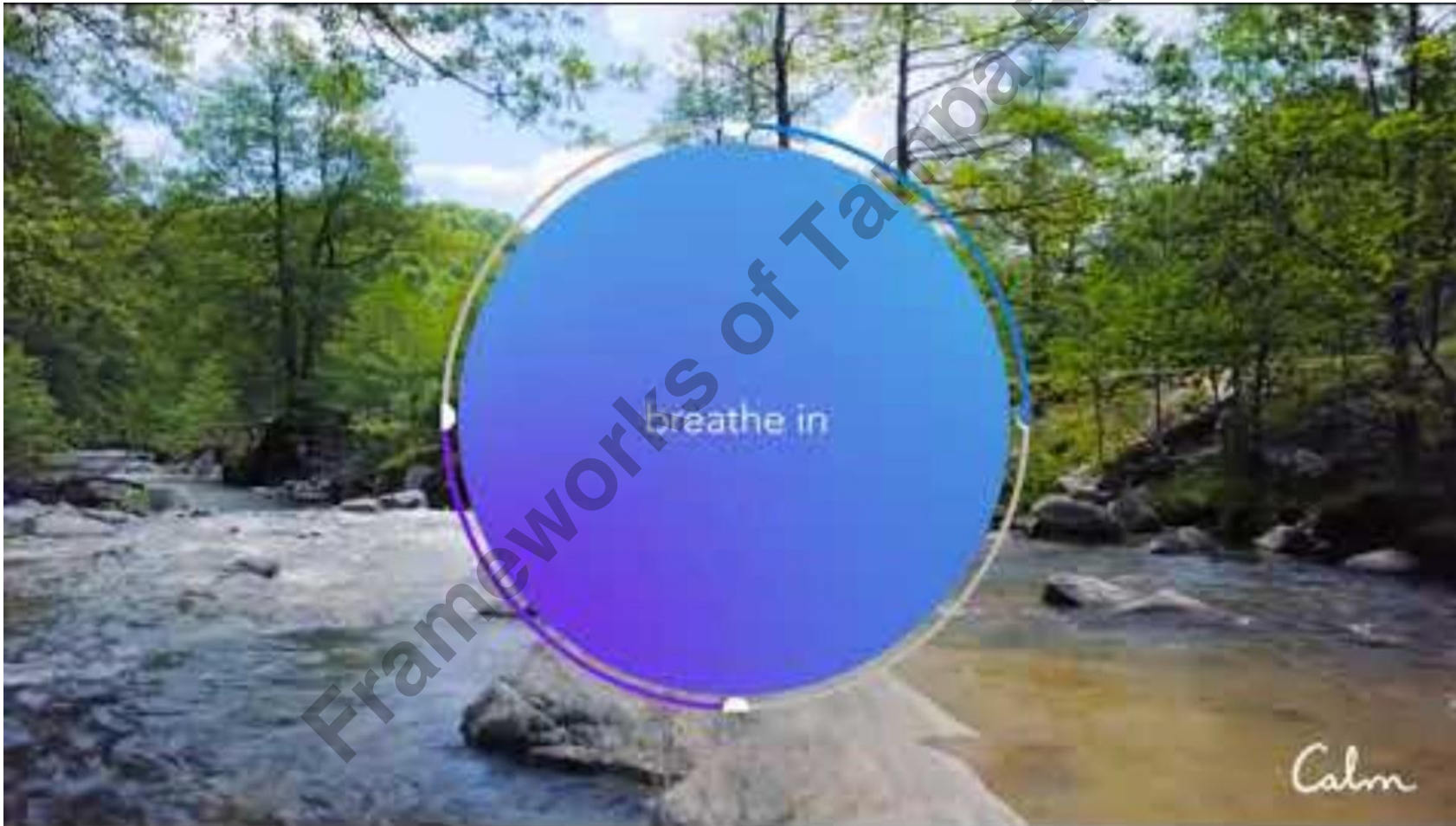
Frameworks

**Parent Superpowers:
“How to Apologize To Your Kids”
(Virtual) 4/8/25**

**Please sign in using the chat with you first
and last name, your child's grade and your
child's school.**



Breathing



Emotional Check-In

Think about a time when your parents apologized to you. How did it make you feel? Drop that feeling in the chat.



Workshop Goals

- Recognizing the power of apologizing and the impact on emotional growth for ourselves and our kids
- Recognize when and how to apologize to our kids
- Recognize when and when not to apologize to our kids

Goal 1:

Recognizing the power of apologizing and the impact on emotional growth for ourselves and our kids

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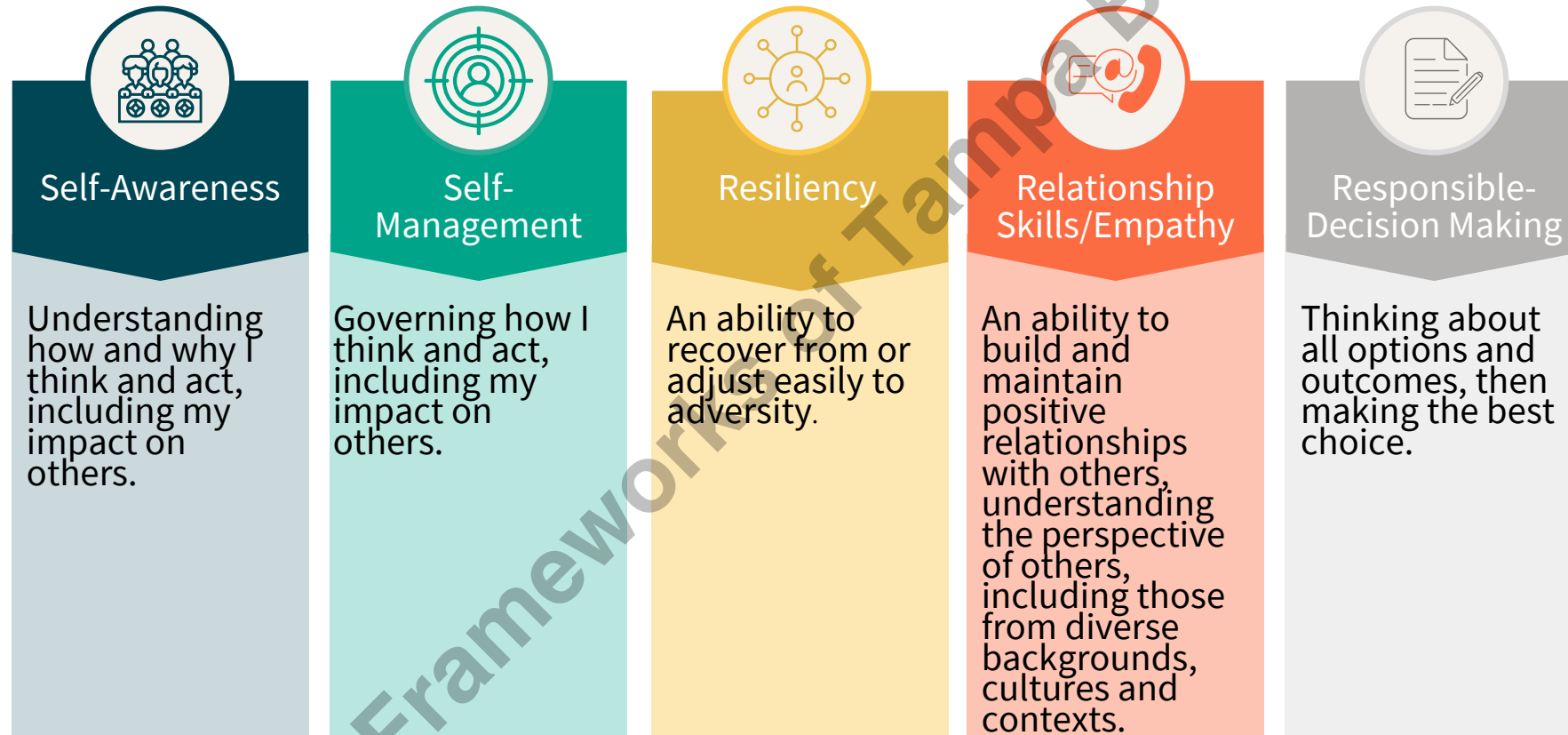


Definition of Emotional Intelligence

Emotional Intelligence (EQ) is the ability to **identify and manage** our feelings and emotions, to **understand and be aware of** them in others, and use this information to **guide our thinking and actions**.



Emotional Intelligence Competencies



Adapted from HCPS Teacher Resource Book

Importance Of Emotional Intelligence For Your Kids

- Middle school is a time of significant change and transition.
- Adolescents are navigating new social dynamics, experiencing hormonal shifts, and facing academic pressures.
- Emotional Intelligence (EQ) plays a crucial role in supporting students during this period equipping them with skills to manage their emotions, build healthy relationships, and make responsible decisions.



Everyday Speech

Goal 2:

Recognize when and how to apologize to our kids

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Knowing When to Apologize

Share in the chat when you think an apology is needed with your kids.

We will then talk about when apologies are needed with our kids.



When Apologies Are Needed

- When You Lose Your Temper
- When You Are Wrong or Misjudged Something
- When You Don't Listen or Dismiss Their Feelings
- When You Don't Follow Through on Promises



Apologizing To Your Child Video





The Importance of Apologizing To Your Children Video



How To Apologize Effectively

- Be Sincere
- Take Responsibility
- Offer an Explanation
- Make It Right
- Encourage Dialogue



Let's Talk/Breakout Rooms

We will now utilize breakout rooms to allow you to talk with parents with children of similar ages about when and how to apologize



Quick Share/Post Breakout Rooms

Let's share some highlights and items discussed in the breakout rooms



Quick Share

Let's share some highlights and aha moments from our content so far on when and how to apologize



Goal 3:

Recognize when and when not to apologize to our kids

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When Not To Apologize

- When You're Enforcing Boundaries
- When You're Teaching Accountability
- When You're Modeling Healthy Emotions
- When You're Trying to Raise Independence
- When You're Sticking to Your Own Values



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Let's Share

Let's share some highlights moments from our content so far on when not to apologize. When are times that you recognize that you don't need to apologize?



Resources: More When and When Not to Apologize Items

- We have dropped a handout resource into the chat with more times when and when not to apologize to your kids.



Resources: When and When Not to Apologize Video Links

- We have dropped a handout resource into the chat with video links for videos on apologizing to your kids.



Thank You!

Feedback Survey:

Complete using the QR
Code for the Survey
Monkey link!



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Goal Setting

*Write down one thing
about apologizing to your
kids you want put into
practice in your home right
now*



Q&A

Frameworks of Tampa Bay

Thank You!

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