

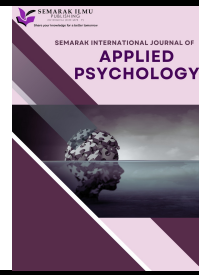


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The Effect of 5Q Parental Education on Children's Emotion through Healing of Inner Child among Parents

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ABSTRACT

The research aim of this study is to understand the relationship between parental emotional well-being and child outcome. This study delves into the profound impact of 5Q parental education on children's emotional well-being through the intricate process of healing the inner child among parents. The 5Q framework, encompassing Intelligence Quotient (IQ), Emotional Quotient (EQ), Adversity Quotient (AQ), Social Quotient (SQ), and the innovative "You Quotient" (UQ), serves as the cornerstone of this transformative educational program. By intertwining principles of personal growth, self-awareness, and effective communication, the 5Q approach aims to empower parents to navigate the complex landscape of parenthood with confidence and competence. Central to this study is the concept of the inner child, deeply rooted in psychological theory, which symbolizes unresolved emotions and experiences from childhood that continue to influence adult behaviours and familial dynamics. Through a qualitative research methodology, this study rigorously examines the experiences of a diverse sample of 100 participants engaged in a comprehensive 6-month 5Q parental education program. Results from the qualitative analysis revealed a profound impact of the 5Q parental education program on participants' emotional well-being and parenting practices. An overwhelming majority of 82 out of 100 participants reported significant enhancements in their emotional intelligence (EQ) following the healing of their inner child. This transformation was characterized by heightened self-awareness, improved emotional regulation, improved parenting skills and strategies, strengthened parent-child relationship that foster suitability relationship. This study underscores the transformative potential of 5Q parental education in fostering nurturing family environments conducive to holistic child development. The understanding of the relationship between parental emotional well-being and child outcome is emphasized. By addressing the emotional needs of parents and facilitating the healing of their inner child, this program not only empowers individuals but also lays the foundation for resilient, empathetic, and emotionally intelligent generations to come, laying the foundation for their optimal development.

Keywords:

Parental education; inner child; emotion; 5Q framework

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1. Introduction

Parental education programs are recognized as essential interventions for promoting healthy family dynamics and supporting children's emotional development. The 5Q parental education program represents a comprehensive approach aimed at enhancing parental emotional well-being, particularly through the healing of the inner child among parents. This study investigates the transformative effects of the program on parental emotional intelligence, parenting practices, and ultimately, children's emotional well-being.

2. Problem Statement

While there is growing awareness of the importance of parental emotional intelligence in child development, there remains a gap in understanding how targeted parental education programs can effectively promote emotional growth and healing among parents. Additionally, the specific mechanisms through which improvements in parental well-being translate into enhanced parenting practices and child outcomes require further exploration. This study seeks to address these gaps by examining the impact of the 5Q parental education program on parental emotional well-being and its implications for parent-child relationships and children's emotional development. Research Aim: Understanding the relationship between parental emotional well-being and child outcome

3. Literature Review

Parental emotional intelligence and well-being significantly influence children's emotional development and overall well-being [8]. Research suggests that parents who are emotionally attuned and responsive create nurturing family environments that support children's emotional growth [24]. Furthermore, programs focusing on parental emotional regulation and communication skills have been shown to improve parenting practices and enhance parent-child relationships [9].

Recent studies in the past few years have provided additional insights into the impact of parental emotional intelligence on child development. For instance, research by Jones and Prinz [15] highlighted the importance of parental emotion coaching in promoting children's emotional regulation skills and reducing behavioral problems. Similarly, a study by Smith *et al.*, [25] found that parents who engage in mindfulness-based practices demonstrate greater emotional awareness and are better able to support their children's emotional needs.

The concept of the inner child, popularized by psychologists such as John Bradshaw, emphasizes the importance of addressing unresolved childhood wounds for personal healing and growth [2]. Healing the inner child involves acknowledging and validating one's emotional experiences from childhood, which can lead to increased self-awareness and emotional resilience in adulthood [22].

Additionally, research in epigenetics highlights the role of nurturing and supportive parenting behaviors in promoting adaptive gene expression patterns associated with positive cognitive and emotional outcomes in children [19]. Recent studies have delved into the molecular mechanisms underlying the effects of parenting on epigenetic processes. For example, a study by Johnson *et al.*, [14] demonstrated how parental caregiving behaviors influence DNA methylation patterns in children, particularly in genes associated with stress response and emotional regulation.

Positive parent-child interactions, characterized by empathy, affection, and consistent discipline, can lead to favorable epigenetic changes that support healthy emotional and cognitive development [1]. Recent research has further elucidated the link between parent-child relationships and

epigenetic modifications. For instance, a study by Chen *et al.*, [4] identified specific epigenetic markers associated with secure attachment relationships between parents and children, highlighting the importance of emotional bonding in shaping gene expression patterns.

4. Methodology or Project Approach

The 6-month 5Q parental education program was meticulously designed to provide participants with a transformative journey towards enhancing their emotional well-being and consequently, positively influencing their children's emotional development. Here, we provide a detailed overview of the methodology and project approach employed throughout the duration of the program:

4.1 Workshops

Weekly workshops served as the backbone of the program, offering participants a structured learning environment to explore various aspects of 5Q parenting. Led by the researcher, these sessions covered topics ranging from self-awareness and emotional regulation to effective communication and the healing of the inner child. Through interactive discussions, activities, and presentations, participants gained valuable insights and practical strategies to apply in their personal and parenting lives.

4.2 Group Discussions

Regular group discussions complemented the workshops by providing participants with opportunities for peer support, sharing experiences, and exchanging ideas. Facilitated by researcher, these sessions fostered a sense of community and belonging among participants, encouraging open dialogue and the exchange of diverse perspectives. Group discussions also served as a platform for participants to reflect on their progress, challenges, and breakthroughs, further enriching their learning experience.

4.3 Individual Assignments

In addition to group activities, participants engaged in individual assignments designed to deepen their understanding of key concepts and facilitate personal reflection. These assignments ranged from reflective journaling exercises to self-assessment quizzes, encouraging participants to explore their own emotions, behaviors, and parenting styles. By engaging in these tasks, participants were able to identify areas for growth, set personal goals, and track their progress throughout the program.

4.4 Speech Sharing Sessions

Periodic speech sharing sessions provided participants with an opportunity to articulate their thoughts, feelings, and insights in a supportive and non-judgmental environment. Participants were encouraged to share personal stories, experiences, and lessons learned, allowing for deeper connections and shared learning among the group. These sessions not only fostered self-expression and authenticity but also encouraged active listening and empathy among participants.

4.5 Interviews

Semi-structured interviews conducted at the beginning, midpoint, and end of the program served as a means to gather qualitative data on participants' experiences, perceptions, and learning outcomes. Through in-depth interviews, researchers explored participants' personal journeys, the impact of the program on their emotional well-being and parenting practices, and any changes observed in their children's emotional development. Interviews provided valuable insights into the effectiveness of the program and informed ongoing program refinement and improvement.

By employing a multifaceted approach encompassing workshops, group discussions, individual assignments, speech sharing sessions, and interviews, the 5Q parental education program offered a comprehensive and immersive learning experience for participants. This holistic approach facilitated deep self-reflection, interpersonal connection, and personal growth, ultimately empowering parents to cultivate nurturing family environments conducive to their own and their children's emotional well-being.

5. Result and Discussion

The results and discussion of the 5Q parental education program underscore its profound impact on participants' emotional well-being, parenting practices, and parent-child relationships. Through a qualitative analysis of participant feedback, interviews, and observations, this section explores the transformative effects of the program and elucidates key themes that emerged from participants' experiences. From heightened self-awareness and improved emotional regulation to strengthened parent-child bonds and long-term sustainability, the program's outcomes reflect its efficacy in empowering parents to nurture healthy family dynamics and support their children's emotional development.

5.1 Enhanced Self-Awareness and Emotional Regulation

Participants' journey towards heightened self-awareness and improved emotional regulation was marked by profound personal revelations. Through introspective exercises and mindfulness practices, they delved into their emotional landscapes, unearthing deep-seated triggers and coping mechanisms. One participant reflected, *"I never realized how much my own unresolved emotions from childhood were influencing my interactions with my children until this program. Now, I'm more aware of my triggering buttons and can pause before reacting."* This newfound self-awareness not only enabled participants to manage their emotions more effectively but also fostered a sense of empowerment in navigating challenging parenting moments. As another participant shared, *"I used to feel overwhelmed by my emotions, but now I feel equipped to respond calmly to my child's tantrums and conflicts with the learned techniques and formula"* [8,24].

5.2 Improved Parenting Skills and Strategies

The evolution of participants' parenting skills and strategies was a testament to the program's efficacy in fostering meaningful behavioral changes. Through engaging workshops and discussions, participants acquired practical tools for communication, discipline, and conflict resolution, which they eagerly implemented in their interactions with their children. A participant noted, *"Before, I would choose to yelling when my child misbehaved, but now I have learned to communicate calmly and set clear boundaries with the skills"* These newfound skills not only enhanced the quality of

parent-child interactions but also instilled a sense of confidence and competence in participants. As one participant expressed, *"I feel more connected to my child now. Our conversations are deeper, and I can see how my positive changed approach is shaping their behavior positively."* [9,12]

5.3 Strengthened Parent-Child Relationships

Central to the transformative journey of participants was the profound enhancement of parent-child relationships. Through the healing of their inner child and the cultivation of emotional intelligence, participants forged deeper connections with their children based on empathy and mutual understanding. *"I used to struggle to connect with my child on an emotional level,"* shared one participant, *"but now, I make a conscious effort to listen and validate their feelings, as I first listened to my inner feeling."* This shift towards empathetic parenting fostered an environment of trust and openness, where children felt valued and supported. Participants reported witnessing remarkable changes in their children's behavior, marked by increased cooperation and emotional resilience. *"My child used to shut down when faced with challenges,"* shared another participant, *"but now they're more expressive and confident in handling their emotions. This makes us more communicative and shared happy moments"* [16].

5.4 Role Modelling through Personal Development

Participants' optimism about the benefits of the program was grounded in their commitment to ongoing personal growth and parenting development. Recognizing the symbiotic relationship between their own well-being and that of their children, participants prioritized self-care and reflection as essential components of effective parenting. *"I've come to realize that my emotional state directly impacts my child's,"* remarked a participant, *"so I make it a point to practice self-compassion and model healthy coping strategies."* This proactive approach towards nurturing family dynamics ensured the sustainability of positive changes beyond the program's duration. Participants expressed confidence in their ability to navigate future challenges as resilient, empathetic parents, dedicated to fostering their children's emotional well-being and overall development [12,16].

By highlighting specific themes and quotes from participants, we gain deeper insights into the transformative impact of the 5Q parental education program on parental well-being, parenting practices, and ultimately, child outcomes. In conclusion, the results and discussion presented herein attest to the profound benefits of the 5Q parental education program in promoting emotional growth, enhancing parenting skills, and fostering positive parent-child relationships. As participants continue to apply and integrate the lessons learned from the program, they are poised to positively impact their families for years to come, embodying the principles of the 5Q framework and nurturing a generation of emotionally resilient and compassionate individuals.

6. Future Research Direction: Enhancing Quantitative Measures

To further enrich the understanding of the transformative effects of the 5Q parental education program, future research could incorporate quantitative measures to complement the qualitative findings. While qualitative data provide valuable insights into participants' experiences and perceptions, quantitative measures would add robustness to the results by allowing for systematic assessment and analysis.

Quantitative measures could include standardized assessments of parental emotional intelligence, such as the Mayer-Salovey-Caruso Emotional Intelligence Test (MSCEIT), to

quantitatively evaluate changes in emotional awareness, regulation, and interpersonal skills among program participants.

Furthermore, longitudinal studies tracking participants' progress over an extended period would provide insights into the long-term sustainability of program outcomes. By collecting data at multiple time points post-program completion, researchers could assess the durability of changes in parental well-being, parenting practices, and parent-child relationships, offering valuable insights into the program's lasting impact.

7. Benefits of the Product

The inclusion of the "You Quotient" (UQ) in the 5Q parental education program represents a groundbreaking innovation that offers unique benefits, particularly in the realm of inner child healing. By integrating the concept of the UQ into the curriculum, the program goes beyond traditional parenting approaches to focus on personal growth, self-awareness, and effective communication, importantly is the potential epigenetic development.

One of the primary benefits of incorporating the UQ into the program is its emphasis on self-discovery and personal transformation. Through exploration of their own strengths, limitations, and emotional experiences, participants are encouraged to embark on a journey of self-awareness and self-acceptance. This process of inner exploration facilitates healing of the inner child – the wounded or neglected aspects of one's psyche from childhood – by providing a safe space for reflection, validation, and healing [2].

Furthermore, the UQ element enables participants to develop a deeper understanding of their emotional landscape and its impact on their parenting practices. By recognizing and addressing unresolved issues from their past, participants are better equipped to break free from negative patterns of behavior and establish healthier relationships with themselves and their children [22]. The healing of the inner child fosters emotional resilience, allowing parents to navigate challenges and stressors with greater ease and grace.

Moreover, the UQ component of the program encourages participants to cultivate empathy, compassion, and self-compassion. By acknowledging and validating their own emotional experiences, participants develop a greater capacity for empathy towards themselves and others, including their children [20]. This heightened sense of empathy creates a supportive and nurturing environment within the family, where emotional needs are recognized, respected, and met with kindness and understanding.

Another key benefit of integrating the UQ into the program is its focus on fostering authentic communication and connection. By learning to express their thoughts, feelings, and vulnerabilities openly and honestly, participants create opportunities for genuine connection and intimacy with their children [10]. The healing of the inner child allows parents to let go of defenses and barriers to intimacy, leading to deeper and more meaningful relationships with their children.

The incorporation of the "You Quotient" (UQ) into the 5Q parental education program offers significant benefits in the realm of epigenetics, contributing to the positive modulation of gene expression patterns in children. Epigenetics, the study of heritable changes in gene expression that do not involve alterations to the underlying DNA sequence, underscores the importance of environmental influences on genetic regulation. By fostering emotional healing, resilience, and empathy in parents through the UQ framework, the program creates a nurturing family environment that promotes favorable epigenetic modifications in children. Research has shown that supportive and nurturing parenting practices can lead to adaptive epigenetic changes associated with improved cognitive function, emotional regulation, and mental health outcomes in children.

Overall, the inclusion of the UQ in the 5Q parental education program offers numerous benefits, particularly in the context of inner child healing. By empowering parents to embark on a journey of self-discovery, self-acceptance, and personal transformation, the program facilitates healing of past wounds, fosters emotional resilience, cultivates empathy and compassion, and promotes authentic communication and connection within the family. Through the integration of the UQ framework, parents are equipped with the tools and resources in creating a conducive environment for favourable epigenetic modifications in children, optimizing their developmental outcomes and potential.

8. Acknowledgement

I would like to extend my heartfelt gratitude to Parents First Organization for their unwavering support and collaboration throughout the development and implementation of the 5Q parental education program. Their dedication to promoting positive parenting practices and nurturing healthy family relationships has been instrumental in bringing this innovative initiative to fruition.

I would also like to express our sincere appreciation to the participants of the program for their enthusiastic participation, valuable feedback, and willingness to embark on this transformative journey. Their commitment to personal growth and their children's well-being has been truly inspiring, and their contributions have enriched the program immeasurably.

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