

Parents/carers have a tremendous opportunity to influence their loved one's emotional development, regardless of age.

Specifically, parents can "coach" their loved one to become aware of their emotions and associated needs, as well as to regulate their upset feelings more easily.

A wealth of research has shown that children of parents who take on the role of "emotion coach" function much better in a number of areas, including academic performance, social skills and physical & mental health.

These children also experience fewer "negative" emotions overall, and develop the ability to be come more Independent.

Further information

www.emotioncoaching.co.uk



Based largely on Washington-state's psychology researcher John Gottman.

For more information please contact:

An Emotional Coaching Taster Session

For parents, carers, teachers and teaching assistants



Learn the best ways to respond when your child is sad, angry, or scared

Discover how to use emotions as opportunities for connection and teaching

Learn how to set clear, consistent Limits while helping your child

Emotion Coaching starts by recognizing your child's feelings. Many parents are able to see the positive emotions a child expresses, but drawing close to a child who is angry or sad can take some practice. What are the feelings, needs and emotions behind the behaviour? While it takes effort to teach your child about feelings and appropriate behaviours, it is time well spent.



Your relationship with your child will be stronger and your child will be more prepared for the challenges life can bring.

Using the five steps of emotion coaching:

STEP 1

- Be aware of emotions.
- Tune in to your child's feelings and your own.
- Pay attention to your own emotions, from happiness to sadness to anger.
- Understand that emotions are a natural and valuable part of life.
- Observe, listen and learn how your child expresses different emotions.
- Watch for changes in facial expressions, body language, posture and tone of voice.

STEP 2

- Connect with your child.
- Use emotional moments as opportunities to connect.
- Pay close attention to a child's emotions.
- Try not to dismiss or avoid them.
- See emotional moments as opportunities for teaching.
- Recognise feelings and encourage your child to talk about his or her emotions.

STEP 3

- Listen to your child.
- Respect your child's feelings by taking time to listen carefully.
- Take your child's emotions seriously.
- Show your child that you understand what he or she is feeling.
- Avoid judging or criticizing your child's emotions.

STEP 4

- Name emotions.
Help your child identify and name emotions.
- Identify the emotions your child is experiencing instead of telling your child how he or she should feel.
- Naming emotions helps soothe a child.
- Set a good example by naming your own emotions and talking about them.
- (Consider pause here).

STEP 5

- Find good solutions
- Explore solutions to problems together.
- Redirect misbehaving children for what they do, not what they feel.
- When children misbehave, help them to identify their feelings and explain why their behaviour was inappropriate.
- Encourage emotional expression, but set clear limits on behaviour.
- Help children think through possible solutions.
- Don't expect too much too soon.
- Be aware of tempting settings and be prepared to help your child through them.
- Create situations where your child can explore without hearing lots of "don'ts."
- Catch your child doing lots of things right and praise them.
- Do chores, like picking up toys, together.
- Make tasks as fun as possible.