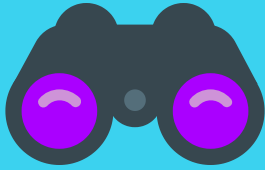


# 5 Steps to Emotion Coaching

1



## Tune in, become aware.

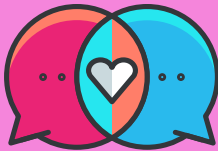
You have noticed that your child is experiencing some big emotions and have tuned in to your child.

2



Utilise this moment as an opportunity for connection and learning ('coaching').

3



## Listen empathetically and validate your child's feelings.

"Connect before you correct"

Use wondering questions to help them to recognise and label their emotions (i.e. "I have noticed x, I wonder if you might be feeling x...")

4



## Set limits. (if necessary)

If necessary, remind your child about your expectations for behaviour (e.g. "we use kind words when we speak to each other").

It is important not to judge or shame them, this is about nurturing your connection with your child and helping them to learn alternative ways to manage their emotions.

5



## Problem-solve together.

Support your child to think of possible strategies and/or alternative solutions that they could try.

Depending on their age and understanding, some children may require more support with this than others; use visuals and offer choices where this helpful.