

EMOTION COACHING

Emotion Coaching is a technique that helps children understand their feelings. It is about being with them during their emotional experience to help label their feelings and offer empathy and connection in the moment. This helps move a child's brain from reactive to receptive.

BE AWARE OF EMOTIONS

Emotions are natural. It is important to tune in to your child's emotions and your own during everyday experiences. You can observe and listen to how your child expresses different emotions through their body language, facial expressions, posture or tone of voice.

LISTEN

85% of emotion coaching is empathy and connection. You can show your child that you are listening by validating their emotions without judgement or criticism of how they may be feeling.

FIND GOOD SOLUTIONS

Supporting emotional expression has many benefits for your child's wellbeing. Your family can work together to provide clear boundaries for your child to help them express themselves in a safe and supported way. Problem solving a solution together can also encourage your child to explore their own strategies in the future.

CONNECT

Connection moves the brain from reactive to receptive. Emotional experiences can create opportunities to encourage your child to recognise and talk about their feelings. Try to connect and provide guidance before emotions escalate into stress behaviours.

NAME THE EMOTIONS

Naming emotions can help us feel more at ease (Name it to tame it). When supporting your child to identify what emotions they are experiencing, it is important to avoid telling them how they "should" feel in the situation. Helping to build your child's vocabulary of emotions will support them to express how they are really feeling.

