



THE

FIVE KEY

STEPS

## EMOTIONAL COACHING FOR PARENTS & CARERS



### 1. BE AWARE:

To support your child with emotion coaching, you need to start observing, listening and learning how your child expresses different feelings and emotions. b. Watch for changes in their facial expression, body language, posture, and tone of voice. c. Set a good example by talking about feelings and emotions in order to help children build a vocabulary of different feelings. d. Encourage children to talk about their feelings and emotions.



### 2. CONNECT WITH YOUR CHILD

- You can use emotional moments as opportunities to connect with your child.
- Allow your child to have their feelings without dismissing, disapproving or avoiding.
- All feelings are okay, but not all behaviour is okay.



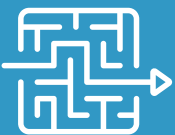
### 3. LISTEN AND TUNE-IN TO YOUR CHILD

- Your child will feel more secure when they are allowed to express their feelings.
- Take time to stop, breathe and get curious.
- Tune-in to the feelings underneath your child's behaviour.
- Take 5 long slow breaths to help you feel calm.
- Check what's going on for you. Has your child's behaviour touched a nerve for you? Has it made you feel frustrated? Angry? Scared? Helpless? How can you stay calm and manage the situation in a way that models the response you want to teach your child.



### 4. NAME YOUR CHILD'S FEELINGS OUT LOUD

- Your child will feel more secure when their feelings are heard.
- Naming emotions helps to soothe and regulate your child's brain.
- Ask, rather than telling, them how they are feeling.
- If the child does not know, you can offer suggestions for your child to choose from.



### 5. SET LIMITS AND PROBLEM SOLVE TOGETHER

- You can allow all of your child's feelings while still setting clear limits on behaviour.
- Corrections should only be put in place when feelings have been acknowledged and when everyone is calm.
- Where possible involve your child in problem solving, especially as they get older.
- Think ahead about tricky and potentially overwhelming situations and be prepared to help child through them.

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