

# Emotion Coaching

## To emotion coach your child you:

- 1 Become aware of their emotion, especially at lower intensity (such as disappointment or frustration)
- 2 View their emotion as an opportunity for connection and teaching
- 3 Communicate your understanding and acceptance of the emotion – empathise and validate
- 4 Help them use words to describe how they feel
- 5 If necessary, help them to solve problems. You may also communicate that all wishes and feelings are acceptable, but some behaviours are not.

