



EMOTION COACHING

Try this great technique when your child becomes overwhelmed with emotions

useful phrases included

1

REMEMBER.... CONNECT BEFORE CORRECT

Take a deep breath. Manage your OWN emotions. Remember that on a plane you must put your oxygen mask on first before you help your child.



2

LABEL, VALIDATE & EMPATHISE

"I wonder if you are feeling ..."

"I would feel like that too if that happened to me"

It's OK to feel like that"

"Oh no, that sounds really rubbish"



3

SET LIMITS IF YOU NEED TO

"We can't do that because we need to be safe "

"It's OK to be angry, but it's not ok to hit"



PROBLEM SOLVE TOGETHER

"Hmm, I wonder how could we sort this out?"

"How about we try ..."

"What do you think could make this work?"

"Let's think about what we could do if this happened again"

4



FURTHER INFORMATION



gottman.com/blog/an-introduction-to-emotion-coaching/
emotioncoachinguk.com/

bathspa.ac.uk/schools/education/research/emotion-coaching/