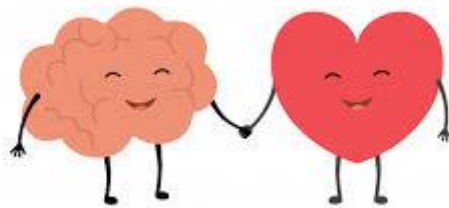


Emotion Coaching

A parents bite size
guide – session 6

Emotion coaching recap

The last 5 bite sized guides have provided education and guidance around why, how and when to emotion coach. This session will recap on some key ideas.



It is suggested that emotion coaching is a key to happy, resilient, and well-adjusted children and young people.

Emotion coaching can help children and young people to understand the different emotions they experience, why they occur, and how to handle them.

Why emotion coach?

We become more emotionally intelligent

We develop the ability to be able to empathise with others

Reading social cues and others emotions creates better relationships and connections

Self-awareness and emotion regulation.

A coping strategy for every day's ups and downs

Parenting styles recap

(From session 3)

As a parent/carer you have the perfect opportunity to emotion coach your young people.

Which parenting style can you relate to in this video?

We now welcome you to watch this YouTube video by John Gottman showing examples of previously discussed styles.

https://www.youtube.com/watch?v=YGOYoVT_jcw



The 5 emotion coaching steps recap

(From session 2)

1. Become aware - of the emotion especially low level, such as frustration or disappointment.
2. Connect - an opportunity for teaching.
3. Accept – show you understand and empathise.
4. Reflect – say what you see, “you look disappointed about that.”
5. End stage - If necessary, help them to solve problems. Remember that all wishes and feelings are acceptable, but some behaviours are not.

Empathy recap

(From session 3)

- Recognise that all emotions are natural and normal. They are not always a matter of choice.
- Recognise behaviour as communication and an opportunity.
- Look for physical and verbal signs of the emotion being felt.
- Try to take on the other’s perspective.
- Use words to say what emotion you see.



Flipping our lid recap

(From session 1)

EMOTIONAL AROUSAL and the HAND MODEL OF THE BRAIN



The best times to emotion coach;

1. When calm / settled.
2. When emotions begin to rise.
3. When emotions are settling

Do **NOT** attempt emotion coaching when yours or your young persons ‘lid has flipped’

It is okay to say

“I am feeling angry right now, I will come back and speak to you shortly”

“You seem angry right now. I am here when you’re ready to talk”

Reflection

- Have you felt better able to manage difficult emotions within yourself?
- Have you felt better able to manage difficult situations with your young person?

What could you do differently?

What are the strategies at home for both you and your young person for?

Letting off steam?

Soothing?

Self-control?

Responding to challenging behaviour?

Managing conflict with siblings

What is your automatic reaction?

What role did you play in your family and have you used these skills in adulthood?

What do you want your children to learn about conflict?



Steps to resolve conflict

Low level: Leave them to it.

Low level: they are learning skills they can use in other relationships

Moderate level: Check in. Describe what you see/hear. Reflect back each person's opinion.

Moderate level (raised voices or heightened emotions) 'two sound like you're really angry with each other, are you okay sorting this out?'

High level: Assist to manage strong feeling, then resolve conflict when calmer.

Going forward

What will be different in the next five years?

What will be good for you? What will be difficult for you?

How might your sadness, fear and anger affect what you do?

How do you think this will affect your children?

What sort of adult would you like your child to be in the future?

Final points

All feelings are okay but not all behaviours

Learn to sit with and stay alongside your teen when they are emotional.

Reflect on what you would like to teach your child about sadness, anger, worry and fear.

Remember that you are a role model for your teens in how to express and manage emotions

Maintain clear boundaries (e.g. no violence or name-calling)

Engage in activities that your teen chooses.

*Thank
You*

Thinking of your child as behaving badly disposes you to think of punishment.

Thinking of your child as struggling to handle something difficult encourages you to help them through their distress.

