

# Emotion Coaching

To emotion coach your child you:

1. Become aware of their emotion, especially if it is of a lower intensity (such as disappointment or frustration)
2. View their emotion as an opportunity for intimacy and teaching
3. Communicate your understanding and acceptance of the emotion
4. Help them use words to describe what 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.



Adapted from Gottman, J. M. & DeClair, J. (1997). *The Heart of Parenting: Raising an Emotionally Intelligent Child*. New York: Simon & Schuster.