

# What is Emotion Coaching parenting?

When you are Emotion Coaching you focus on the emotions your child experiences.

1. The first goal is to notice how you think your child is probably feeling. You might need to think about a comparable situation for yourself.
2. Then help your child to put a verbal label on the feeling. You might want to respond by asking:
  - Did you feel \_\_\_\_\_ when \_\_\_\_\_ ?
  - Were you feeling \_\_\_\_\_ when \_\_\_\_\_ ?
  - It sounds like you felt \_\_\_\_\_ ?
3. You could also respond by reflecting how you would feel in a similar situation:
  - I would feel \_\_\_\_\_ too.
  - I feel \_\_\_\_\_ when \_\_\_\_\_ happens to me.
4. You might follow this up with a further question or comment to find out more about the situation or explore other emotional reactions.

