

5 Steps to becoming your child's Emotional Coach

You may have had the realisation that with parenthood, comes the title 'Emotional Coach'.

Along with our many responsibilities, emotional coaching is something we are required to do. It's just that no one prepared you for it. However, you absolutely have the ability. As a parent, particularly mothers, you are automatically THE BEST COACH your child can have. Many parents feel a bit lost when it comes to knowing HOW to coach their children emotionally. Here are our 5 Steps to feel confident in becoming your child's Emotional Coach:

- **READ.** Read as much as you can around the subject. Becoming a parent doesn't automatically grant you knowledge, and yes, there is no manual as such. But we have so much information out there on child psychology and parenting approaches that we can learn from. We don't have to do it the way it's always been done. Being a parent is an opportunity to grow personally. Read around parenting approaches and philosophies and find your style. Yes, your child might be in a 'phase'. But know why. Understand them on a developmental level.
- **WORK ON YOU.** Again, grow on a personal level. Figure out your own emotional triggers and work on them. Unload unhelpful patterns for the benefit of your children. Accept that you won't always do things perfectly, but always keep the impact of your actions front of mind. Apologise if needed and let your child know that you might not always get it right, but you'll always have their best interests at heart.
- **BECOME AN EXPERT IN YOUR CHILD.** Work out their personality type. Let go of any preconceived ideas about who you would like them to be and accept them entirely. Face truths about them, such as things they find difficult or neuro diverse traits, no matter how uncomfortable they are for you. Work with their strengths.
- **HOLD CALM CONNECTED MOMENTS IN YOUR WEEK.** Make time to be attentive, talk and feel close.
- **MAKE TIME FOR YOURSELF.** Being your child's emotional coach takes energy, so make time for yourself so you can recharge.