

# Emotion Coach your Child

## 1. Interpret the Emotion

Pause. Observe. Read the situation.

## 2. Choose your mindset

Respond over react. Choose your body language and non verbal communication.

## 3. Label the emotion

Say what you see. Allow your child space to express their perspective.

## 4. Empathise

Say what you see. Validate the emotion without judgement.

## 5. Set limits and problem solve

Support your child to find solutions using open ended questions and set limits or consequences.

parent skills:

Active listening

Ability to self regulate and pause

Respond over reaction

Empathy

Key Belief: My child has a right to feel what they feel.

