

# Emotion Coaching for Parents

Emotional coaching has been championed in primary and early years, but it can also be the key to creating more emotionally intelligent secondary students who are happier, healthier and even perform better academically.

This poster guides you through emotion coaching techniques that can be used within families to build better behaviour, create stronger bonds between parent and child and develop emotionally mature young people.

## Normalise your emotions

Pay attention to your own feelings, recognise when you are feeling unhappy or when you feel great about yourself. Think about how you behave when you feel like this. Now look for the same kind of behaviour from your child and try to identify their mood. Look for specific facial expressions, posture and tone of voice.

## Listen to your child

Respect your child's emotions, try not to be dismissive or controlling of their behaviour. Use moments of intense emotion as an opportunity to learn. Encourage them to talk about their emotions, and share some of your feelings too. Try to intervene and talk before they misbehave, speaking can offer them another outlet for their emotions.

## Identify feelings

When speaking with them, name your own emotions and encourage them to do the same. This breaks down the barrier that many children have between their external and internal selves. Naming their emotions helps to sooth them, and building a broader emotional vocabulary will make it easier to discuss these feelings in the future.

## Solve problems

If your child misbehaves, and you feel they need to be disciplined - be clear that their actions, not their emotions, are being punished. Talk them through other possible ways to release this emotional energy. Encourage other activities for emotional outlet, like creating art, or doing sports and make a point of rewarding good behaviour you see.