

# The 5 Essential Steps of EMOTION COACHING

## A Way to Handle Your Child's Big Emotions

### Be Aware of Your Child's Emotions

What do various type and intensities of emotions look like in your child?  
Happiness? Sadness? Anger? Contempt?  
Disgust? Fear? Surprise?



### Emotions as an Opportunity to Connect

Connect through play  
"What was the best thing that happened for you today?" (younger)  
"What are you feeling?" (older)

### Verbally Label Emotions

"I can see that you feel very angry"  
"I feel like you may be jealous of your sister"  
"I am sure this is very exciting for you"



### Communicate Empathy & Understanding

"Oh wow, that sounds horrible"  
"That would scare me, too"  
"How exciting for you!"  
"I wish you didn't have to go through this"

### Set Limits + Problem Solve

Don't use criticism or contempt.  
Build a base of positive relationship.  
"I understand you are upset, but you cannot hit your sister"  
"Let's figure out how to do this together"

