

Social and Emotional Development: Emotion Coaching

Teaching Tips:

- Before teaching the content of Emotion Coaching, be sure you have introduced the concept of parenting styles that can be found in the previous module.
- For some parents, the idea that emotions are important may come naturally. However, some parents may have a more difficult time recognizing the value of emotions in parenting and implementing the suggested Emotion Coaching techniques.
- Think about your audience and how receptive (or not) they may be to this parenting approach. Consider having a discussion about possible barriers.
- Use the key messages below as a focus for teaching this topic as well as a summary of the content.

Learning Objectives for Parents and Caregivers

After learning about emotion coaching, parents and caregivers will be able to:

- 1) Explain the five steps of Emotion Coaching
- 2) Describe ways to use Emotion Coaching with their child(ren)
- 3) Communicate how Emotion Coaching helps children learn how to manage their feelings and improves parenting outcomes

Key Messages for Parents and Caregivers

- 1) Children with Emotion Coaching Parents learn feelings are important and can be trusted.
- 2) Children with Emotion Coaching Parents learn how to name certain feelings and begin to understand why they feel the way they do.
- 3) Children with Emotion Coaching Parents learn that they are not alone with their feelings and that they can bring their wide range of emotions to their parents with confidence they will be loved and comforted.
- 4) Children with Emotion Coaching Parents learn that all feelings they experience are ok, but not all of their behaviors are ok.
- 5) Emotion Coaching is a five step parenting tool for helping parents teach children about emotions and problem solving.
- 6) Parents who Emotion Coach help children learn to calm themselves down when they have strong emotions, so they can concentrate better at school.
- 7) Parents who Emotion Coach help children learn about their own feelings and have empathy for others which helps the child form strong friendships.

