



## Be Your Child's Emotions Coach

Here are some ways to help your child manage emotions:

1. Talk and listen

- Ask questions
- Be curious about child's point of view
- Don't judge or interpret
- Check for understanding
- Express your point of view without acting like you are smarter

2. Teach and model kindness

3. Be honest

4. Learn to calm your brain

- We mirror each other's emotions
- When upset, thinking part of brain slows down
- Use a brain calming practice once a day for at least 5 minutes
- Help your child find their brain calming practice

5. Use Positive Discipline

6. Understand who "owns" problems

7. Use "I-Statements" when you own problems

8. Teach your child to problem solve when they own problems

- Reflect emotion and problem
- Invite child to brainstorm solutions
- Invite child to consider outcomes of each solution
- Invite child to choose solution
- Make plan to review outcomes

