



Be Your Child's Emotions Coach

Emotional intelligence is the ability to

- Understand and manage your own emotions.
- Understand and respect the emotions of other people.

Prepare to become your child's emotion coach

- Understand and manage your own emotions.
- Do not allow your emotions to control your child's emotions
- Set an example by using emotional intelligence.
- Set up rules and boundaries in which your child feels accepted.
- Remain firm and friendly.
- Decrease conflict.
- Improve communication and relationships inside and outside the family.



Steps to becoming an emotion coach

1. Notice and accept your child's emotions. If you have trouble understanding your child's emotions, look at his or her behavior.
2. Look at your child's expression of emotion as a chance to learn more about his or her world.
3. Allow your child to express an emotion. Do not try to fix or change how your child is feeling. Confirm that your child's emotion is real: "It looks like you are very angry at your brother right now."
4. Help your child label his or her emotions. A label tells your child that these feelings are real. It may make them seem less scary.
5. Help your child come up with solutions for coping with his or her feelings.
6. Barriers to emotion coaching
 - Some parents have difficulty understanding their own emotions.
 - Some parents believe that young children cannot have real emotions. But children do have real feelings and can recognize when others are having emotions.
 - Often parents do not want to see their children sad or upset.
 - You may lack time or energy to do emotion coaching before your child has an emotional meltdown. If so, simply say, "I see that you are feeling..." Then help your child to calm down. Promise to talk about possible solutions later that day. Be sure to talk with the child as you promised.

