



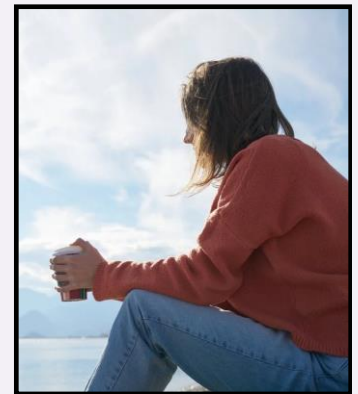
Emotion Coaching supports every child and adult.

It helps us to make valuable use of the emotional moments during stressful times, to develop our child's well-being, resilience and coping strategies for life. It can be especially useful for children with Social Emotional Mental Health needs or behavioural needs.

So what is Emotion Coaching all about?

This technique mirrors respectful behaviour and helps children to build their own self-regulatory strategies.

- Genuinely **empathising** with our children and trying to see things from their point of view. This doesn't mean agreeing with them, just viewing things from their perspective.
- Recognising all emotions as being **natural and normal** and not always a matter of choice.
- Recognising behaviour as a **communication** with us about how they are feeling.
- Looking for **physical** and **verbal** signs of the emotion being felt.
- Feeling more **confident** and **positive** in our relationships with our children.
- Being calmer and having easier access to **control** and **rationality** when dealing with emotional children.



Emotion coaching is simple to use, no special time is needed, and we only need to use it about 40-60% of time for it to make a real difference!



4 Steps to Emotion Coaching

Emotion coaching involves a practical and simple approach to dealing with behaviour in the moment:

- Step 1: Recognise** the person's feelings and **empathise**
You might say: "I can see that you're really worried about this, you're frowning and biting your fingers; I hear you."
- Step 2: Validating** the feelings and **labelling** the emotion
You might say: "Some other people are feeling worried about it too and it's completely normal for people to feel worried at times"
- Step 3: Set limits** on behaviour
You might say: "It's not OK to kick the furniture though, it might hurt you or break the bookcase..."
- Step 4: Problem solve** with the child/ adult
You might say: "Let's have a think together about ways you can feel safer."

[For more information about Emotion Coaching – download a parent/carer guide by clicking here](#)

For more information about the support available, please contact the parenting team via email to bsmhft.parenting@nhs.net or by finding us on Facebook – Solihull Parenting Team

