



Would you like to learn ways to help your children to better manage their emotions?

Emotion coaching enables children to manage their own feelings and behaviour through helping them to understand the different emotions they experience, why they occur, and how to respond to them.

When supporting children to manage their emotions it really helps to have an understanding of what exactly happens in our brains when we 'flip our lid' and this short video, which I have shared with many families, really helps to explain the brain science! [Dr Daniel Siegel presenting a Hand Model of the Brain - YouTube](#)

A video that I often advocate for parents to watch with their children can be found here [Why Do We Lose Control of Our Emotions? - YouTube](#)

To support our children with their emotions we need to be very aware of our own responses to situations. At any 1 time we tend to fall into 1 of 4 camps...

Disapproving style	Dismissing Style	Laissez-faire style	Emotion Coaching style
High guidance – low empathy	Low guidance – low empathy	Low guidance – high empathy	High guidance - high empathy
Authoritarian	Treats child's feelings as trivial	Adult might be overwhelmed by child and feels helpless, stressed, and afraid	Accepting negative emotions as normal and values the child's negative emotions as an opportunity for building connection and trusting relationships
Critical parent	Wants the child's negative emotions to disappear quickly, might try to make things better	Does not help the child solve problems, offers little guidance on behaviour	Uses moments of challenging behaviour as opportunities for teaching
Often motivated by need to control and regain power	Reduces and minimises "It's no big deal"	Child's behaviour is likely to escalate	Uses emotional moments as a time to listen to the child

Once we understand our usual 'response style' and have a better awareness of our own emotions in a given situation we are far more able to respond with empathy to our children who (in that moment) are having a difficult time.

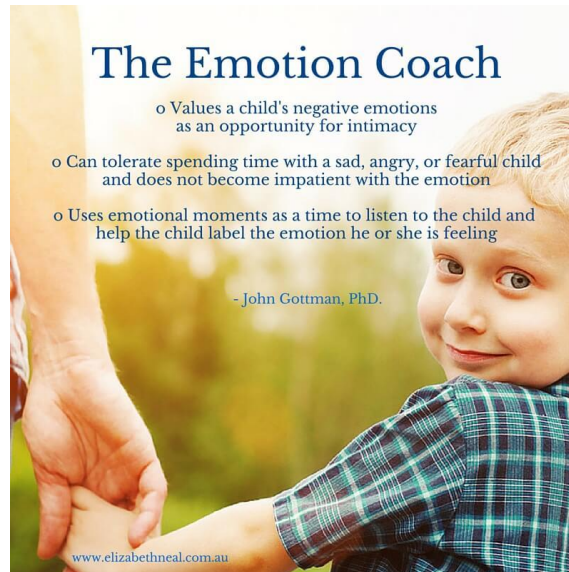
Have you seen the movie Inside Out? Here's a great example of how two different response styles can have very different outcomes. Have a quick watch to see how 'sadness' pitches things just right when comforting 'Bing Bong'.

[Inside Out Sadness comforts Bing Bong - YouTube](#)

To be a good 'emotion coach' for our children we need to remember 5 steps:

5) Be aware of your own emotions as well as your child's

4) Validate your child's emotions by helping them to name them



2) Recognise and empathise with your child

3) Connect before you correct – Set limits by stating the boundary

1) Empower children and support them to reflect