



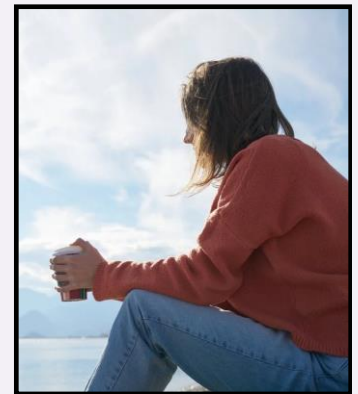
Emotion Coaching supports every child and adult.

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](mailto:bsmhft.parenting@nhs.net) or by finding us on Facebook – Solihull Parenting Team

