

Behaviour as Communication





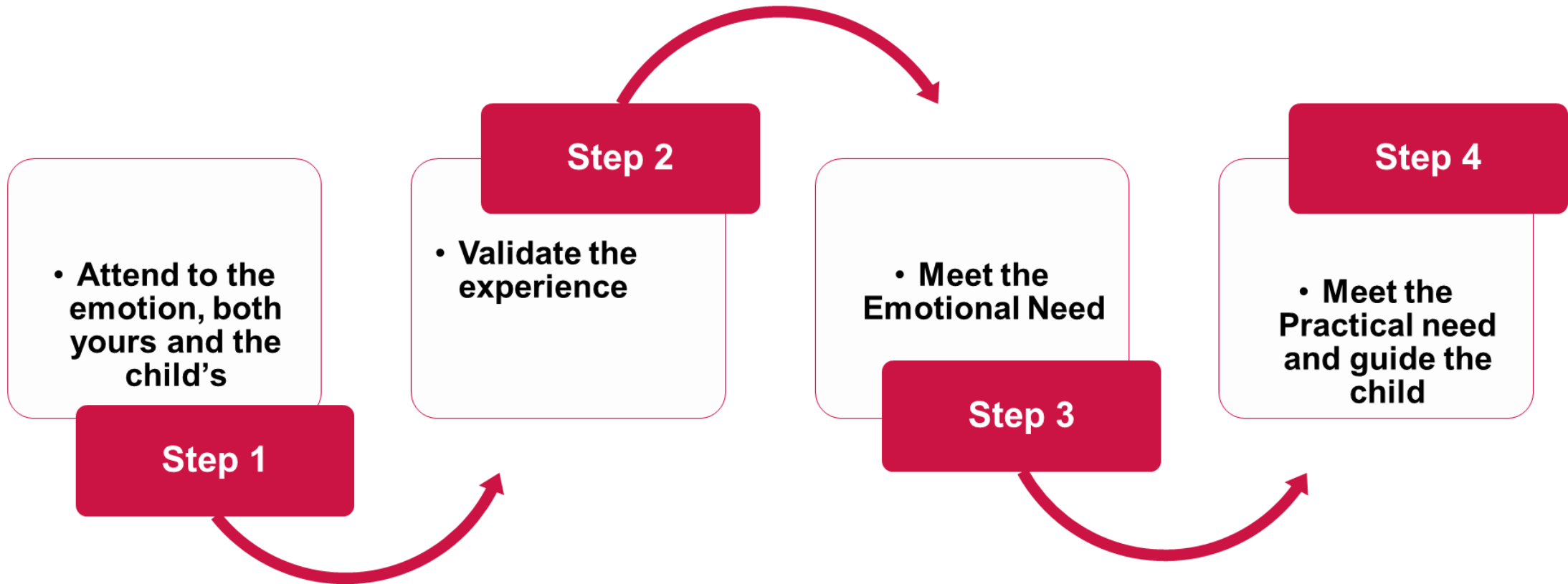
Emotion Coaching



What is Emotion Coaching?

- A relational approach that supports an individual to regulate themselves/engage in co regulation
- Develops an understanding of different emotions, why they occur and how to manage them
- Emotion Coached children are better able to:
 - Control impulses
 - Delay gratification
 - Self-regulate emotional responses
 - Sustain focus and attention

Steps to emotional coaching



Step 1

- **Notice the emotion**

Noticing emotions

It is important we notice our own emotions in order to help our children. Remember it is also okay and normal to feel how you do too! Take a moment to pause and think how are you and your child feeling?

Label	Bodily sensation	Need	Action Tendency
Fear <i>feeling scared in response to a real threat</i>	Heart racing Sweaty palms Slowed digestion	Safety and protection	Fight/Flight/Freeze
Sadness <i>an emotional state characterized by feelings of unhappiness and low mood</i>	Heaviness Slowness	Comfort	Seek comfort
Anger <i>An intense feeling that something is unjust or unfair</i>	Heart racing Feeling hot/flushed Tension in the body	Validation A boundary	Defend the boundary

Step 2

- **Validate the experience**

Say why the child's experience makes sense.....
(this may be a thought, emotion or behaviour)

Through validating the experience, we can help the child feel safe and understood. Validating is a form of regulation.

Useful phrases

"That makes sense"

" I am wondering..."

" I noticed that..."

" I can see..."

You can be _____ **and** _____,
both are okay.

Step 3

- **Meet the emotional need**

Meeting the emotional need can help the child **regulate their emotions** and be in place to problem solve. Remember that children will often need **co-regulation**.

Label

Fear

Sadness

Anger

Need

Safety and protection

Comfort

Validation/ A boundary

Can you think of any other emotional needs?

e.g. jealousy, shame, envy?

Step 4

- **Meet the practical need**

Problem Solving

You may need to help the child problem solve.

This may involve supporting with ways to experience the emotion, or solving a conflict or event that cued the emotion.

An example may be helping the child to share or how to solve an argument with a friend.

Guiding Behaviour

This may involve supporting the child learn how to express their emotions.

You may also need to set boundaries. For example, around time or access to objects or activities. Boundaries provide safety and are often a way to meet an emotional need, such as anger.

Remember guiding behaviour is not about changing the emotional experience. **All emotions are valid.**

What if...

Your child is at 'melting point'?

Your child is not able to listen or speak to you right now?

Your child is not able to think rationally?



Mindfulness Techniques





Grounding

5 Things you see



4 Things you feel



3 Things you hear



2 Things you smell



1 Thing you taste





Deep Breathing



Progressive Muscle Relaxation





Sleep Hygiene

