

Emotion Coaches Try to Avoid...

- **Doing Nothing**

Example

Child: "I got in trouble at school today for talking. I didn't want to tell you because I don't want you to be mad at me."

Parent: *Silence*

- **Disbelief**

Example

Parent: "Are you sure that is how it really happened? I don't think they would have done that, and you didn't seem upset earlier, so why is it a big deal now?"

- **Dismissing**

Example

Parent: "It wasn't that big of a deal. I can't deal with you when you're crying."

- **Criticizing and/or Punishing**

Example

Parent: "This would not have happened if you didn't talk back. This is your fault! Stop being a baby and crying about it, or I'll take away your screen-time privileges."

PFS CARE

Positive Family Support: Communities and Resilience in Education (PFS-CARE) is a trauma-informed comprehensive model of family engagement in school. The purpose of PFS-CARE is to enhance the capacity of schools to engage meaningfully with all families and foster family empowerment. This is done by adopting practices within the school that support collaboration in creating optimal school and home environments for learning.



HOW CAN I COACH AND MODEL FEELINGS FOR MY CHILD?

EMOTIONS ARE NEITHER GOOD OR BAD – THEY ARE SIMPLY HUMAN!

It's okay for you to feel mad, sad, or disappointed. However, children often react to emotions in ways that are like how their parents react. Children learn how to deal with these difficult feelings through watching their parents. This is called **modeling**.

Parents act as teachers for their children when facing difficult feelings. Because of this, open communication and building close and caring relationships with your child are important. By following some basic guidelines, the way you react to your own emotions and your child's feelings can help them to manage themselves and work through difficult feelings that may come up.



What is Emotion Coaching?

- ▶ Labeling your child's feelings so they can better express themselves in the future
- ▶ Helping your child understand the causes and effects of certain feelings
- ▶ Ex. *"So, I hear you saying you're feeling both happy and sad about this. You are happy that you were chosen, but sad that Maleah did not and was upset."*



What is Active Listening?

- ▶ Using body language that communicates I want to hear what you have to say (eye contact, open posture, positive and/or neutral facial expressions)
- ▶ Being present with your child
- ▶ Reflecting and repeating what your child says
- ▶ Asking your child helpful questions to make sure of understanding on both sides
- ▶ Ex. *"It sounds like you're really upset about your friend. Did I get that right? Tell me more about it."*

TIPS TO BECOME A SUCCESSFUL EMOTION COACH

- Have realistic expectations of your child's abilities, which will vary by age
 - ▶ Elementary children are in the beginning stages of being able to put themselves in other's shoes.
- Encourage and use positive feedback
 - ▶ Give compliments, express care, praise your child for positive behavior.
- Use Empathy - consider your child's point of view
- Set aside time to "worry". Together you can plan to set aside time to worry in which you can discuss worries and together come up with possible solutions. Until it is "time to worry", you and your child can write your worries on a piece of paper and put them in a worry jar.
- Let your child know that you understand how they are feeling – remind them that they are not alone.
 - ▶ Ex. *"Thank you for telling me about that fight you had with your brother. I know that must have made you angry, and that's okay. Let's talk about how we can deal with our angry feelings without hurting others."*