



## **Workshop for Parents & Caregivers of Kindergarten & Gr 1 Students**

Presented by HWDSB Social Work Services

### **EMOTION COACHING**

Unsure what to do when your child is showing and experiencing big emotions like frustration, anger, sadness, disappointment or even fear? Emotion Coaching is a parenting response that can calm the brain in as little as 60 seconds and help improve relationships through validation and support.

During this in-person workshop you will be introduced to emotion coaching and how it can improve relationships with your loved one. You will learn about the brain's connection to emotions, and how to use specific skills to offer validation and support when your child, youth or loved one (of any age) is experiencing strong emotions.

Emotion Coaching is a two-step process that includes:

1. Validation-acknowledgement of another's experience, point of view, thoughts, emotions or behaviours by letting someone know we are trying to understand their experience
2. Support-emotional and practical support using emotion-focused strategies such as reassurance, teaching coping skills, limit-setting, redirecting, collaborative problem solving etc.

**Friday November 14<sup>th</sup>  
830-10am**

(in-person; coffee/tea & snacks provided)  
Prince of Wales School Library (2<sup>nd</sup> floor)

Register here: [Emotion Coaching workshop Nov 14 at POW](#)