

EMOTION COACHING CHEAT SHEET FOR PARENTS AND CAREGIVERS



BEFORE BEGINNING – CHECK IN WITH YOURSELF

- ✓ Breathing helps you to calm down and will make it easier for you to engage in emotion coaching with your child/loved one

STEP 1 - VALIDATION

- A. Convey an understanding of your child/loved one's experience (from their point of view)
"It makes sense that you might feel/think/want to/not want to _____"
- B. Demonstrate that you are trying to understand your child/loved one's experience by moving away from using the word **but** to instead using 3 **because** statements:
"because _____, and because _____, and because _____."

YOU CAN USE STEP 1 TO VALIDATE:

- ✓ **Emotions and Emotional States:** sad, mad, embarrassed, jealous etc.
- ✓ **Attitudes:** "You always take her side!"
- ✓ **Urges:** "I don't want to go to bed! I want to keep watching TV!"
- ✓ **Behaviours:** Your child/loved one refuses to clean their bedroom after being asked to multiple times
- ✓ **Silence:** Your child/loved one won't respond to you

STEP 2A - EMOTIONAL SUPPORT

- ✓ **COMFORT** (hand, hug, loving words)
- ✓ **REASSURANCE** ("Your feelings are valid")
- ✓ **UNDERSTANDING** ("I hear you")
- ✓ **POSITIVE REGARD** ("You are doing the best you can right now")
- ✓ **BELIEF** ("I believe in you")
- ✓ **TOGETHERNESS** ("We're in this together")
- ✓ **SPACE** ("Why don't I give you a few minutes and I'll come back to check on you")
- ✓ **Sometimes once your child/loved one feels validated and supported emotionally, no further support is required**

STEP 2B - PRACTICAL SUPPORT

- ✓ **PROCEED WITH A PLAN**
- ✓ **SUGGEST A DISTRACTION ACTIVITY**
- ✓ **REDIRECT TO ANOTHER THOUGHT/ACTIVITY**
- ✓ **TEACH SKILLS**
- ✓ **COLLABORATE TO SOLVE PROBLEM**
- ✓ **SET A LIMIT**