

# Emotion Coaching

Supporting your Child's Wellbeing

**5 steps to supporting children to effectively deal with their emotions**

**1 Be aware of your child's emotions**

**2**

**Listen, acknowledge and validate the feelings**

"You are feeling angry because your little brother has broken your toy."

**3**

**Labelling the emotion naturally decreases the intensity of the emotion being felt.**

"Name it to tame it"

**4**

**See emotionally challenging moments as a learning opportunity**

reframe the situation

**1**

**Problem solve and set appropriate limits on behaviour**