

Emotion Coaching for Parents

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Five Steps for Emotional Coaching

Step	How does it look like
1. Attend	<ul style="list-style-type: none">• Paying attention to subtle and obvious emotional cues (e.g., facial expressions, body language, eye gaze, tone, words)
2. Label	<ul style="list-style-type: none">• Create a space to label and talk about emotions at home• Take an educated guess and sensitively name the emotion• De-coding the hidden message
3. Validate	<ul style="list-style-type: none">• Showing understanding of the child's emotions• Not providing reassurance or solutions (yet)

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4. Meet the emotional need	<ul style="list-style-type: none">• Specific strategies to meet the child's emotional needs For example <ul style="list-style-type: none">Anger: giving space, boundaries, feeling heardSadness: comfortFear: safetyShame: reassuring the child
5. Problem Solve	<ul style="list-style-type: none">• Once the emotions are managed (later), brainstorm and implement practical strategies to support your child in solving the problem