

Emotion Coaching is “helping children and young people to understand the different emotions they experience, why they occur, and how to handle them.” (Gottman, 1997)

The Five Elements



Be aware of your child's emotions and feelings.

“I can see that you are upset by what happened.”



View strong emotions as an opportunity for teaching.

“Sometimes when we get mad we can react in ways that are not safe, like kicking others.”



Use empathy and validate your child's feelings.

“I would feel angry if this happened to me too.”



Label emotions in words a child can understand.

“You are angry because your toy was taken away, is that right?”



Help a child come up with an appropriate way to solve a problem or deal with an upsetting issue or situation.

“Is there a way you can show that you are upset without kicking the wall?”