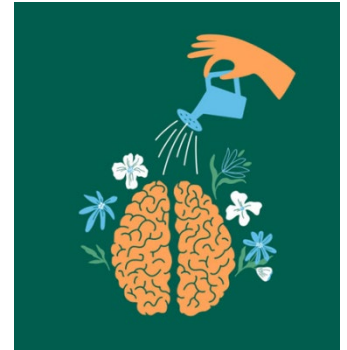


# Emotion Coaching for Caregivers

## STEP 1: Tune In

### What am I feeling? What do I need?

1. **Help the caregiver become aware of their own feelings.**
  - Expand the caregiver's feelings vocabulary generally.
  - Work on feelings ratings with caregiver (SUDS scale)
  - Work on the physiological effects of feelings with caregiver
2. **Discuss how caregiver felt when they first found out about the child's trauma, or when they think about it now?**
  - Feelings intensity
  - Physiological response
  - How might your child misinterpret your nonverbal cues when you are having your own feelings
  - related to the trauma?
  - What helps you when you think about it? Use that skill for yourself before intervening.



## STEP 2: Reach Out

### What is my child feeling? What do they need?

1. **Help the caregiver become aware of their child's emotions.**
2. **Ask the caregiver:**
  - How do you know when your child is having an emotion?
  - How can you tell where your child feels emotion in their body?
  - How can you tell the intensity of your child's feeling?



## STEP 3: Connect

### How do I connect my resources to my child's needs?

1. **Help child regulate their emotions by accurately labeling the child's feelings *only after the caregiver is regulated.***
  1. Label the suspected feeling from Step 2.
  2. Elicit feedback from child if that is correct.
  3. Practice a coping skill together.
  4. Specifically praise child's effort.
2. **Ask the caregiver:**
  - How can you reflect what you see in your child?
  - How can you help your child get back to calm?

