

COACHING YOUR CHILD

1. ACKNOWLEDGE THE EMOTION (APPROACH CALMLY)

- ❖ "I CAN SEE YOU'RE NOT YOURSELF."
- ❖ "SOMETHING IS GOING ON."

2. NAME THE EMOTION

- ❖ "YOU LOOK SAD (ANGRY, HURT, NERVOUS)"

3. VALIDATE

- ❖ I CAN UNDERSTAND WHY YOU FEEL _____. (REFER BACK TO WHAT HAPPENED.)

4. PROVIDE COMFORT

- ❖ HUG
- ❖ DISCUSS
- ❖ "HOW CAN I HELP YOU?"

*IN THE CASE OF SOME CHILDREN, IT CAN SOMETIMES, BE DIFFICULT TO TAKE THE DIRECT APPROACH, PUTTING A FRIEND IN THEIR PLACE WHEN DISCUSSING THE ISSUE MAY MAKE IT EASIER TO HELP THEM FIND SOLUTIONS.

- "WHAT IF THIS WERE HAPPENING TO YOUR FRIEND?"
- "HOW DO YOU THINK YOUR FRIEND WOULD FEEL ABOUT IT?"
- "HOW WOULD YOU HELP YOUR FRIEND IF SHE TOLD YOU THIS?"