

Extra tips for Emotion Coaching

- Avoid excessive criticism, humiliating comments, or mocking the child
- Challenge your own ideas about how you 'should' be as a parent or how your child 'should' be as a child
- Use praise to coach your child
- Create a 'mental map' of your child's daily life — know where they are and what they're doing
- Listen to your child's point of view first
- Don't try to impose your solutions on your child's problems
- Empower your child by giving choices, respecting wishes
- Share in your child's dreams and fantasies
- Be honest with your child
- Read children's books together
- Be patient with the process — children learn over time

Adapted from Gottman, J. M. & DeClair, J. (1997). *The Heart of Parenting: Raising an Emotionally Intelligent Child*. New York: Simon & Schuster.

