

Spot the Emotion Coaching opportunity

Which of the following situations would be an opportunity to emotion coach?

The situation	Emotion Coach Yes/No	What could you do or say?
You pick your child up from preschool and they seem quieter than usual on the drive home.		
Your child has just tracked mud all over the floor you mopped half an hour earlier. You are furious.		
Your child is having a bath and playing with bath toys. You are sitting nearby watching. Suddenly your child says 'Dolly is scared. Her Daddy has gone away.'		
Your child refuses to go to stay at your friend's house down the road when you and your partner have finally organised a special night out together.		
Your child lets go of your hand and runs towards a busy road. You have a clearly stated family rule that they must hold your hand when crossing the road.		
After preschool you take your child shopping with you at the supermarket. Your child asks for a chocolate bar and when you say 'No' they throw a tantrum. Everyone in the supermarket turns to watch.		
While you are cooking dinner your child comes in and takes several cookies from the jar. When you say that this is not the time to eat cookies because it is almost dinner time, your child scowls at you and leaves the room, cookies in hand, and slams the door.		
Your child is taking a very long time to get dressed in the morning and if you don't leave the house in five minutes you will be late for work.		
Your preschool aged child is not talking to anyone. Five minutes earlier you had insisted that it was time for your toddler to have a turn playing with your child's new toy.		

