

Tuning in CARE:

The Five Steps of Emotion Coaching

1. **Tuning in** – notice or become aware of emotions.
2. **Connect and teach** – it's an opportunity!
3. **Accept and listen** – show understanding and empathy.
4. **Reflect** – what you hear and see. Name the emotions.
5. **End with problem solving and setting limits** - if necessary.

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

