

What is emotion dismissive parenting?

Being warm and concerned does not always mean you are responding to the emotions in your child's story.

There are many ways to dismiss a child's emotions. Some common ways are to:

- offer advice (for example, 'You should have ...')
- ask why your child did or said what they did
- talk only about yourself
- tell your child not to worry
- jump straight into problem solving
- take the side of the other person (for example, teacher, sister) instead of listening to the child's perspective
- offer distractions
- moralise.

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

