



Droichead - Emotion Coaching - Post-primary

At a Glance

*'Emotion coaching is helping children to **understand** the different **emotions** they experience, **why** they occur and **how** to handle them.'*

(John Gottman, 1996)

A Bit More Information

According to John Gottmann (2011), there are four ways of dealing with a child's emotions:

- Emotion dismissing: ignoring the child's emotion.
- Emotion disapproving: emotions are a sign of weakness and should not be felt.
- Laissez-Faire: empathising with the child's emotion but unable to guide the child on how to handle the emotion.
- Emotion Coaching (EC): an evidence-based strategy based on the work of John Gottman to help the child to manage the emotions they experience in each moment. EC recognises that all emotions are acceptable, but not all behaviours are. It helps to co-regulate the child so that they can learn to self-regulate.

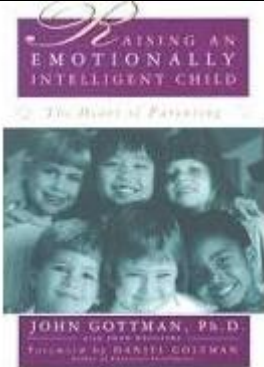
Steps Involved in Emotion Coaching

1. Recognising the child's feelings and empathising with them: "I can see you are very angry right now". This allows the child to feel 'seen'.
2. Validating the feelings and labelling them: "It's ok to feel frustrated. This is a difficult time for you". By explicitly naming the emotion, the child is being helped to regulate and to reconnect the brain and limbic system.



3. Setting limits on behaviour (if needed): “All feelings are ok, what we do with them is what matters”. This step helps the child to learn what is and is not acceptable behaviour.
4. Problem-solving with the child: “You were upset because...is there another way that you could have dealt with your feelings”. The child learns to understand the ‘why’ of the emotion and empowers them with different ways of handling the emotion in the future.

Further Information

Books	Websites
 <p>Raising an Emotionally Intelligent Child ‘The Heart of Parenting’ <i>John M. Gottman, Joan DeClaire</i></p>	<p>https://www.emotioncoachinguk.com/</p>

