



**“When little people are overwhelmed by big emotions, it’s our job to share our calm, not join their chaos”**

-L.R. Knost

## **ECQuIP Express**

### **Weekly Newsletter Issue 6**

*“The mind of a child is fragile. Their emotions touch their future. Your words shape their destiny.”  
Higher Perspective*

As I was searching on Google for some information about emotions I found an interesting 2-page article about emotion coaching. The topic caught my interest. My first thought was what is emotion coaching and how does it work. I read the article and learned the answers to these questions and so much more. By the time that I was done reading I knew that I had to share the information with you.

Although this article is written for families, caregivers can easily use it. The benefits of using emotional coaching are many from helping children to develop empathy to helping children to understand their emotions. It also includes several tips for parents or caregivers to remember when using emotion coaching.

- \*Be model how to express emotions.
- \*Have empathy for children.
- \*Take the emotions of young children seriously.
- \*Be willing to understand the perspectives of others.

There are just five simple steps when using the Emotion Coaching Model. These steps help you to support children in understanding emotions and problem-solving solutions to situations create strong emotions in both adults and children.

**Step One: Be aware of emotions, yours and those of others including those of children.**

**Step Two: Connect with children, understanding their perspective and encourage them to talk about their feelings.**

**Step 3: Listen to children; do not judge how they feel.**

**Step 4: Name different emotions, but do not tell children how they ought to feel, focus on trying to identify the emotions you see in children and adults.**

**Step 5: Find solutions by helping children think about possible solutions.**

By using these simple 5 steps, families and caregivers can support children as they learn about their emotions and support them in understanding behavioral boundaries while supporting the children while they learn about possible solutions to situations that cause big emotions.

**Give it try! Share it with families. Together you can make a difference for the children in your care.**

**Here is the link for the article.**

**<https://www.parentingcounts.org/wp-content/uploads/2020/11/information-for-parents-emotion-coaching.pdf> If you are interested in more information about emotion coaching here is a website for you to investigate: <https://emotioncoaching.gottman.com/>**

*“Do not teach your children to never be angry; teach them how to be angry.” Lyman Abbott*

**Thank you for your  
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