



## Emotion Coaching

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## Agenda

- Check-In
- What is Emotion Coaching?
- Feelings about Feelings
- The Four Parenting Styles
- Emotion Coaching
- Supporting Emotion Coaching in EarlyON Environments
- Thoughts? Questions?
- Resources



## What is Emotion Coaching?

- Developed by Dr. John Gottman
- *Helps children and young people understand the different emotions they experience, why they occur and how to handle them. – John Gottman*



## Benefits of Emotion Coaching

For children:

- Emotional regulation
- More flexible stress response
- Have more satisfying peer relationships
- Have higher self-esteem
- More self-compassionate and empathetic with others
- More pro-social behaviour
- Higher immune functioning



For adults:

- who emotion coach 30-40% of the time raise healthier, more resilient children
- feel more confident and competent in their role
- have more positive relationships with their children



## Feelings about Feelings: *How our 'meta-emotions' shape the way we handle emotions*

- Emotions experienced the same way across cultures
- Wide range of emotions
- Some valued more than others
- Attitudes about emotions shape the way children are taught about them
- All emotions are important

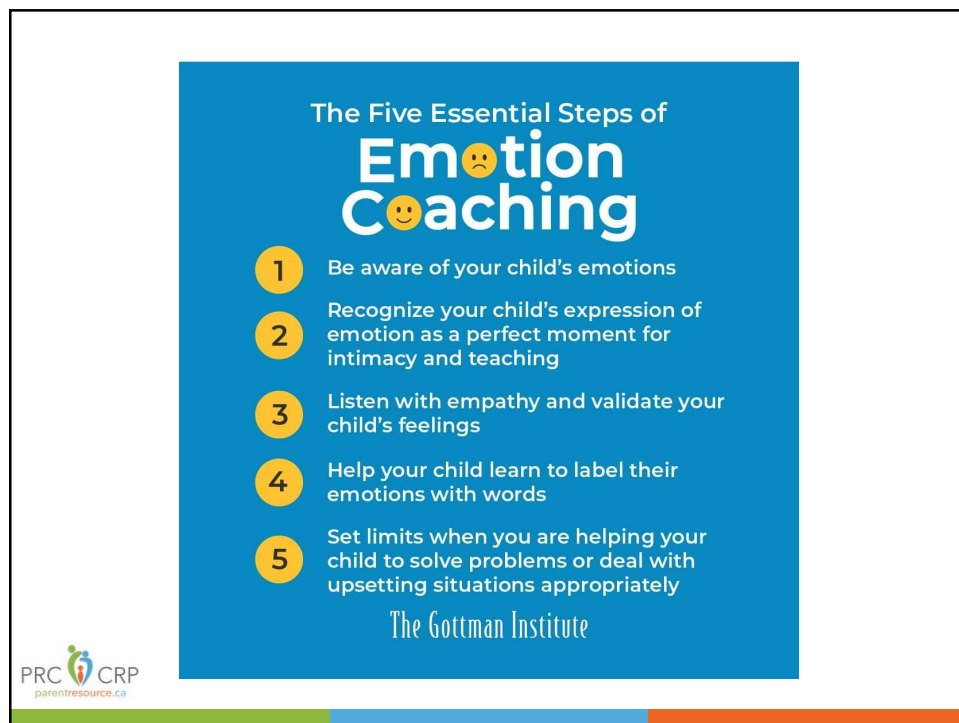
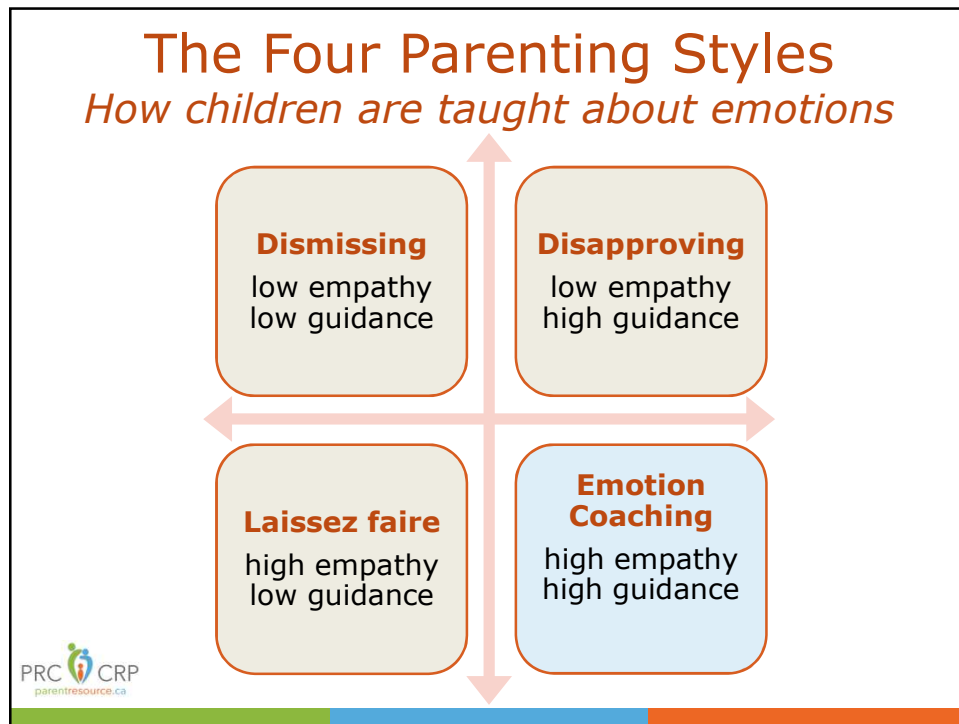
## Self-Reflection



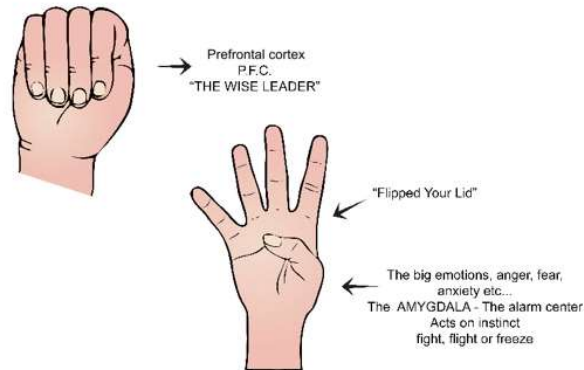
What are your  
feelings or  
attitudes about  
emotions?  
What did you learn  
in your family?

## Video: Parenting Styles & Five Steps to Emotion Coaching





## Flipping Your Lid



Credit: Forest Sargent, V.D. is the creator of this metaphor and acronym "Flipped Lid". Copyright © 2014 www.sharonseibv.com

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## Things to Remember

- It is not possible to practice emotion coaching all the time
- It is not always an appropriate strategy
- Sometimes it is enough to just be with the child with their emotions
- We can make mistakes
- It is okay to come back and try to repair

## Question for Reflection

- What are some ways you can support emotion coaching and emotional regulation in your EarlyON programs?



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## Supporting Emotion Coaching in EarlyON Environments

- All feelings are welcome here
- Create a list of emotion words together
- Label your own feelings ('I am feeling...')
- Label and wonder about emotions of others
- Display pictures of emotions (happy, sad, mad etc.)
- Parent information about emotion coaching, brain development
- Stuffed animals, puppets
- Books (for children and adults)
- Mindfulness, yoga and breath exercises
- Music and movement
- Toys and activities
- Sensory, art, messy play, outdoor and nature play
- Environment (calm and active spaces), room set-up
- Routine, transitions, flow of day
- TV shows, movies (at home)

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## Key Messages

- All emotions are welcome
- Empathize
- Compassion for self and others
- Get curious not furious
- Name it to tame it
- Connect before correct or direct
- Teach, set limits and problem solve



## Resources

*Video: Emotion Coaching - Parenting Styles and Five Steps of Emotion Coaching*, featuring John Gottman, Ph.D.  
<https://vimeo.com/201215290> Password: EmotCoach

Feeling Wheel

<https://cdn.gottman.com/wp-content/uploads/2020/04/The-Gottman-Institute-The-Feeling-Wheel.pdf>

Parenting Counts – Featuring Emotion Coaching

<http://www.parentingcounts.org/emotioncoaching/>

An Introduction to Emotion Coaching – 4 minutes

<https://www.youtube.com/watch?v=7KJa32r07xk>





"When *little people*  
are overwhelmed by  
*big emotions*, it's  
our job to share our  
calm, not join their  
chaos."

- L.R. KNOST

The Gottman Institute