



Emotion Coaching Your Child

Health and well-being, we often look at these words and think of our physique alone. However, the phrase health and well-being is a holistic idea - it integrates both physical and mental health. Therefore, making it a necessity to look at the development of a child in a manner that highlights health and well being across a spectrum. One such consideration is towards the emotional development of a child.

Emotion coaching is a parenting technique that aids children in comprehending their feelings as well as reacting to those feelings in a healthy manner.

Teaching your child to recognize their emotions assists them in communicating what they are feeling and also feel understood by you. Keep in mind that emotion coaching is a process and a style of parenting that needs to be applied for a time to aid your child.

Thankfully as a parent you can incorporate emotion coaching in 5 simple steps !



1. **Be Aware of Emotions** - oftentimes you are the radio tuning into the right frequency with your child! It's important to be aware of your own emotions as well as your child's. Observe your reactions and your child's reactions by looking for changes in verbal and nonverbal cues.



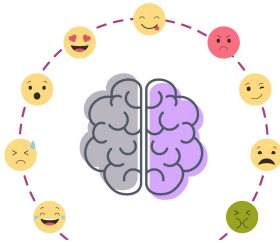
2. **Connect with your child** - know how your child's emotions manifest, use moments when they feel emotional to teach, connect and share affection towards one another. This encourages the child to



be more open about their feelings and helps parents deescalate situations for misbehavior.



3. **Listen to your child** - actively listen to your child, be empathetic and understanding of their emotions by avoiding judgement or immediate criticism.



4. **Label emotions** - help your child recognize and label the emotions they are experiencing using words, this may aid in comforting the child. This also helps prevent assuming how your child feels and creates a positive expressive environment.



5. **Find a solution** - help your child find a solution, for the issue at present together. This is done by setting boundaries for the child and when there is misbehavior it is crucial to help them identify the reason why their behavior was inappropriate. Use activity based strategies, reward based systems and other positive disciplining approaches to deal with the misconduct.

Feel free to write to us at hi@mypeegu.in to know more or to schedule a one on one session with one of our Child Development or Parenting experts.
