



The Emotion Coaching Project Parenting programs



Somerset Children & Young People
Health & Wellbeing





The training May 2015brilliant

3 days training: 2 days the Tuning in to Kids program and 1 day Tuning in to Teens.

- The training took us through the parents program in completing the same activities as parents.
- It included watching video material, group discussions and exercises, role plays, reading information and home activities.
- We thought about our family of origin, how we were parented, how this impacts on our feelings, on our feelings about feelings.
- How this impacts on our parenting and relationships?
- There was emphasis on self care, mindfulness, relaxation strategies.
- Encouragement to share experiences within the group. Group leaders use these to explain and teach the skills of emotion coaching.

Repeating and revisiting the different parenting styles:

**Disapproving
Dismissing
Laisse Faire
Emotion Coaching.**



And the

Tuning in CARE: the 5 steps....

- **C**onnect and teach: its an opportunity
- **A**ccept and listen: show understanding and empathy
- **R**eflect: what you hear and see. Name the emotion
- **E**nd with problem solving and setting limits if necessary

Tuning into Kids sessions:

1. How to raise emotionally intelligent children
2. Naming the emotion
3. Understanding your child's emotional experience
4. Self-care, problem solving and coaching fears and worries
5. Emotion coaching your child's anger
6. Emotionally intelligent parenting: now and in the future

Tuning into Teens sessions:

1. Setting out- how to raise emotionally intelligent children
2. Connecting and emotional acceptance
3. Building intimacy and showing empathy
4. Emotion Coaching worry and sadness
5. Emotion coaching anger
6. Emotion coaching now and in the future



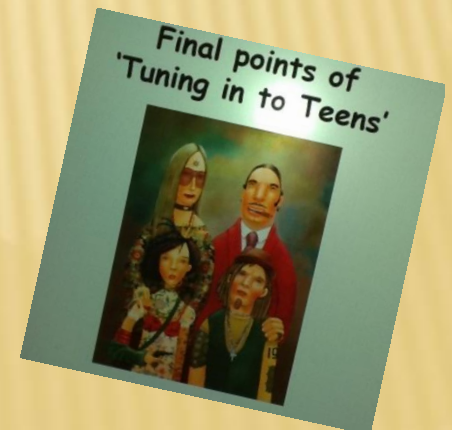
The program is 6 sessions, with an additional 2 booster sessions available.

A maximum of 12 participants is recommended for each group.



We have just completed the Tuning in to Teens program.

- Mother who has experienced DA who's daughter was displaying abusive behavior. Received text last week "*WOW practiced what you taught = calmer me and calmer child!*"
- Single Dad in a recovery program , emotion coaching fits in really well with his steps program. He recognized where he could make changes and told of positive homework times.
- Mother and father separated, child struggles to regulate emotions, supporting parents to be consistent across households.
- Single mother told to attend as part of CP plan. Family exposed to DA and children struggling, presenting with challenging behavior. Mum changed her approach on 1 occasion and son had looked at her and asked "*where is my mum.*"
- All parents that started sessions continued to come.





'When my daughter stays with me at week ends I've learned to keep calmer and take more time with her- we don't shout so much anymore and she's happier with me'
Dad



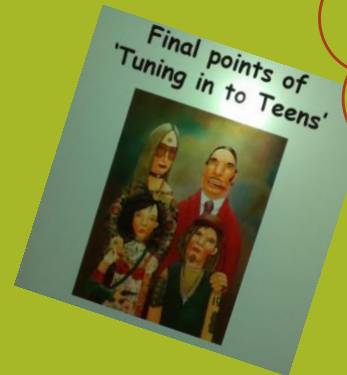
'This has really helped me doing this course, I don't know how else I would have managed this last year'
Dad

TUNING IN TO **TEENS** PARENTING GROUPS

'We've both run parenting groups before but Tuning in to Teens is different – we're on a journey and we're loving it!'
Clare and Sharron

'I can't believe how much I have changed- I know I need to stand up for my daughter and I do'
Mum

'When I got home from work the kitchen had been cleared- we had a lovely evening together'
Mum of four teens





WHAT NEXT?

- ❖ Jan 2016
Tuning into Kids
- ❖ Continued role out
of Teens and Kids
program