

# Tuning in CARE: the five steps of Emotion Coaching

1. **Tuning in:** notice or become aware of emotions.
2. **Connect and teach:** it's an opportunity!
3. **Accept and listen:** show understanding and empathy.
4. **Reflect:** what you hear and see. Name the emotions.
5. **End with problem solving and setting limits if necessary.**

Adapted from Gottman, J. M. & DeClair, J. (1997). *The Heart of Parenting: Raising an Emotionally Intelligent Child*. New York: Simon & Schuster.

