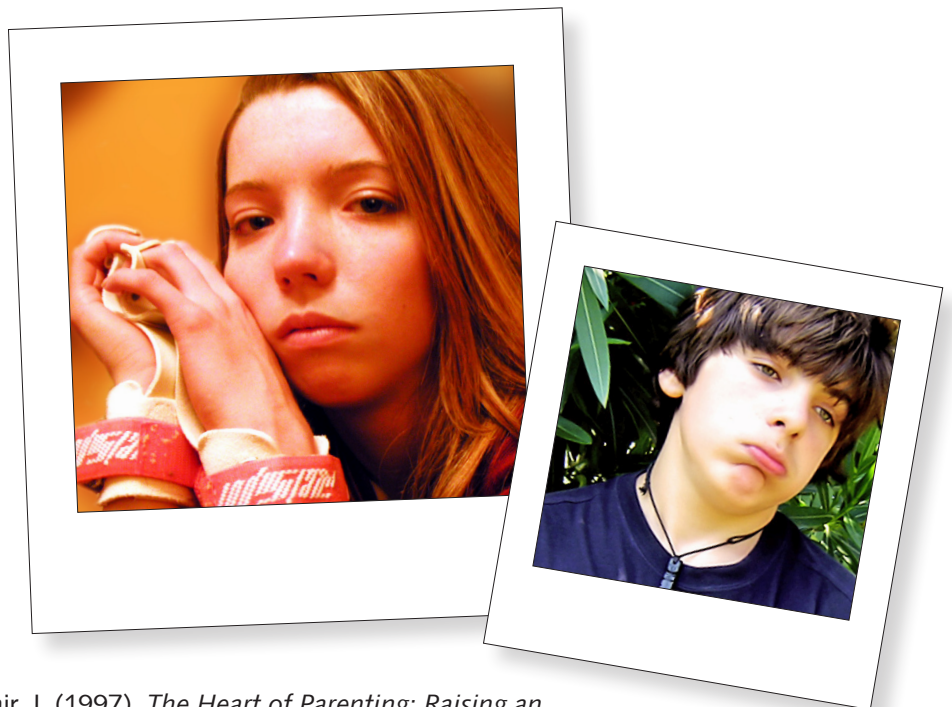


Emotion Coaching

To Emotion Coach your teen you:

1. Become aware of the young person's emotion, especially if it is of a lower-intensity (such as disappointment or frustration)
2. View their emotions as opportunities for connecting and teaching
3. Listen and accept their emotions: avoid judgement
4. Help your teen to describe how they feel: verbally label emotions
5. If appropriate, help them to problem-solve: negotiate boundaries.



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