



The Center

for Integrative Counseling
and Psychology

Emotion Coaching

Listen to the Feeling

When you listen effectively to your child, you can build trust and help your child learn to manage feelings and solve problems.

- *Listen to understand your child.* When your child is sharing about her day, something that happened, or a frustration, listen to understand what she is feeling and why. Look for feelings that might be present but not expressed. Stay quiet and avoid judging, criticizing, or jumping to give advice when your child shares her feelings.
- *Empathize with your child.* Repeat or say in your own words what feeling your child is expressing. When you empathize, you show your child you understand him and you help him practice talking about his feelings.
- *Help your child label feelings.* Ask her what she is feeling. When children label their feelings, they are better able to manage their feelings. Identifying and talking about feelings is crucial to dealing with feelings appropriately.

Help Your Child Problem-Solve

Teach your child how to problem-solve by helping her brainstorm solutions to problems. Problem-solving helps children stay calm, bounce back from upsetting situations, and make good choices.

- Ask your child to state what the problem is.
- Ask your child, "What are some ways to solve that problem?"
- Ask your child to consider the consequences of the different possible solutions.
- Give your child the opportunity to think of the solutions himself, only offering suggestions if he seems stuck.

Based on John Gottman's The Heart of Parenting



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Parenting with Purpose, Dr. Brad Schwall

Social and Emotional Intelligence

Social and emotional learning is "...the process of acquiring the skills to recognize and manage emotions, set and achieve positive goals, appreciate the perspective of others, establish and maintain positive relationships, make responsible decisions, and handle interpersonal situations effectively." *The Collaborative for Academic, Social, and Emotional Learning*

Self-awareness

- Awareness of mood and feelings
- Identifying emotions
- Recognizing strengths, needs, and values
- Spirituality
- Self-efficacy

Social Awareness

- Perspective-taking
- Empathy
- Appreciating diversity
- Respect for others

Responsible Decision Making

- Identifying problems and analyzing situations
- Problem-solving
- Personal, moral, and ethical responsibility

Self-management

- Impulse control and stress management
- Self-motivation and discipline
- Goal setting and organizational skills

Relationship Management

- Communication, social engagement, and building relationships
- Working cooperatively
- Negotiation, refusal and conflict management



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Steps for Conflict Resolution

- Soften Startup
- Accept Influence
- Make Effective Repairs During Conflict
- De-escalate
- Psychological Soothing of Self and Partner
- Compromise

John Gottman

Strengths-Based Language

Wisdom & Knowledge:

Creativity
Curiosity
Judgment
Love of learning
Perspective

Courage:

Bravery
Perseverance
Honesty
Zest

Humanity:

Love
Kindness
Social intelligence



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Justice:

Teamwork
Fairness
Leadership

Temperance:

Forgiveness
Humility
Prudence
Self-regulation

Transcendence:

Appreciation of beauty & excellence
Gratitude
Hope
Humor
Spirituality

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