

Mirroring the Five Steps of Emotion Coaching with Parents

Consider your "Critical Incident"

<p><u>Step 1: Emotional Awareness</u></p> <p>Get in tune with the parent's emotions.</p>	<p><i>I notice that Theresa gets irritable and makes hurtful comments toward her daughter Isabel when she gets overexcited and becomes aggressive with other children.</i></p>
<p><u>Step 2: Recognizing Emotions</u></p> <p>Look for the underlying emotion or the full range of feelings the parent may be experiencing.</p>	<p><i>Theresa looks irritable and angry on the surface, but she may also be worried about Isabel's social skills and overwhelmed by parenting her spirited child.</i></p>
<p><u>Step 3: Listening Empathetically</u></p> <p>Listen with your heart <i>and</i> your head.</p>	<p><i>"Theresa, how does it feel for you to watch Isabel interact with other children?"</i></p>
<p><u>Step 4: Labeling Emotions</u></p> <p><i>Help the parent identify the full range of emotions they are experiencing.</i></p>	<p><i>"I hear how frustrating parenting Isabel can be. I wonder whether you sometimes also feel worried about whether she will be accepted by other kids?"</i></p>
<p><u>Step 5: Problem Solving</u></p> <p>Draw on their emotional experience as a guide in finding a solution.</p>	<p><i>"Maybe we can help Isabel practice some of these skills while we do some imaginary play together? What do you notice helps Isabel to calm herself when she begins to get overexcited?"</i></p>