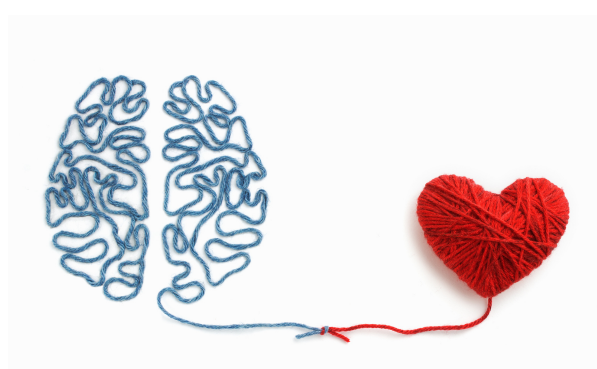
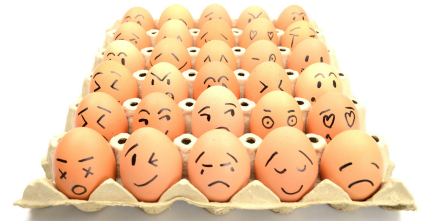


When "Calm Down" Doesn't Work: An Intro to Emotion Coaching

Sara Marlowe, MSW, RSW

CHANGE EMOTION WITH EMOTION

1. Accept your child's current feeling
2. Help your child feel something else



EMOTION BASICS

1. Emotions are fundamentally adaptive and aid in survival (e.g. types of tears)
2. How? They are an alarm system providing information about the self and the world
3. Every emotion has a label that can be communicated in words, a bodily felt sense, a need & an action tendency

LABEL	BODILY FELT SENSE	NEED	ACTION TENDENCY
Fear	Heart racing, sweaty palms, frozen	Safety / Reassurance	Run, hide, etc.
Sadness	Heaviness, slowness	Comfort	Reach for a hug
Anger	Heart racing, feel hot/flushed, Tension in body,	Set a boundary/ be heard / be understood	Defending the boundary / Demanding to be heard
Shame	Icky, heavy feeling, folding in, blushing	Reassurance of self	Hide, withdraw, be defensive



"An emotion cannot be restrained nor removed unless by an opposed and stronger emotion"
- Spinoza, 17th century

THE 90 SECOND RULE

"When we have a strong emotional response, it only takes 90 seconds for the stress chemicals produced by this response to be flushed out of our systems at a biological level." - Dr. Jill Bolte



EMOTION COACHING: BRIEF

STEP 1. VALIDATE: A. Convey understanding of their experience & prove that you "get it"

STEP 2. SUPPORT:

- A. Emotional support
- B. Practical support



"It's not what happens, it's what happens next"

Emotion coaching content in this handout is based on work by <https://efftinternational.org>

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Feel it to heal it



MOVE FROM BUT TO BECAUSE

"I can understand why you might feel / think / want _____, but _____"

is transformed into

"I can understand why you might feel / think / want _____, because _____" x3

"I WANT TO SLEEP OVER AT MY FRIENDS HOUSE!"

"I can understand why you would want to sleep over at your friends house...
because x 3

...you miss your friends so much and you want to spend more time together than just a backyard hang out...

...your friends are so important to you and it's hard to be separate for so long...

...the pandemic seems to be dragging on forever and sometimes you worry about not being as close with your friends as you used to be...

TYPES OF SUPPORT

Emotional Support

Comfort
Reassurance
Togetherness
Hope
Belief

Practical Support

Distraction
Redirection
Exposure
Problem-solve
Setting limits
Take over



UPCOMING WORKSHOPS



- **Communication for Couples: Managing Conflict & Staying Connected** - Saturday, March 6th - 10:00 - 11:30 a.m. Register on [eventbrite.ca](https://www.eventbrite.ca)
- **Mindful Parents, Resilient Children: Mindfulness & Self-compassion for Parents & Caregivers**, Saturday, April 10, 10:00 - 11:15 a.m. Register on [eventbrite.ca](https://www.eventbrite.ca)
- **Mindful Self-compassion 8-week course**, Wednesdays, 6:30-9:00 pm, March 24 - May 12. Email Sara for info
- **Breathe In & Shine: Mindfulness for Children & Families**, 5-week online class, March 16-April 13, 4:30-5pm Email Sara

EMOTION COACHING RESOURCES

www.mentalhealthfoundations.ca/resources: handouts with scripts for emotion coaching, webinars, booklists

What to Say to Kids when Nothing Seems to Work: A Practical Guide for Parents & Caregivers by Dr. Adele LaFrance & Dr. Ashly Miller

Dr. Laura Markham: best parenting website ever!
www.ahaparenting.com



ADDITIONAL BOOKS

- Peaceful Parents, Happy Kids by Dr. Laura Markham
- Between Parent & Child by Dr. Haim Ginott
- Self-compassion for Parents by Susan Pollack
- The Whole Brain Child by Dr. Dan Siegel
- How to Talk so Kids will Listen & Listen so Kids will Talk by Adele Faber & Elaine Mazlich



*How do you know when emotion coaching worked?
You did it!*

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