**5 Steps of Emotion Coaching (John Gottman)**

1. Be aware of your child’s emotions *(tune into body language, tone of voice)*
2. Use your child’s emotions as an opportunity to connect & teach *(go towards emotion not away)*
3. Listen empathetically and validate child’s feelings *(Tell me about it… It’s OK to feel \_\_\_\_\_\_)*
4. Help child verbally label emotions *(what are you feeling inside? \_\_\_\_ or \_\_\_\_?)*
5. Set limits and problem solve together *(Those behaviors are not OK and have consequences…What do you want to do about it? What could help?)*