

Cut boarder and fold on middle line



EMOTION COACHING

for parents

When your child is freaking out
– and you're freaking out too -- pause and say to yourself:

"This is a tough situation"

Zoom out and take the stance of a "compassionate observer". Life is difficult in this moment.

"A lot of parents struggle with this"

Right now, other parents are struggling with exact same thing, I promise you.

"What would make it 5% better?"

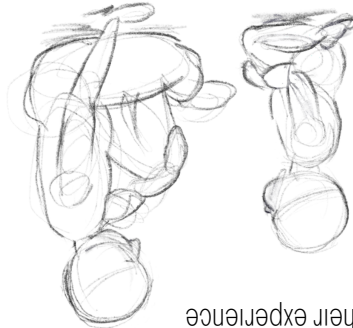
Quick face massage, deep breath, hum a tune, hug yourself ... what works for you?

EMOTION COACHING

When you child is stuck
in a big feeling, turn the feeling into a story

Title the story: Put a name to their experience
"You got hurt" or "You're mad at me" or
"You want to stay at the party but it's time to go"

Tell the story: Simple and slow
"You climbed on the chair ... and you fell off ...
and now your knee is hurting. It hurts when you fall."



Teach: The last step, once they're calm (And sometimes you don't even need it!)
"Do you want a hug or a bandaid? Next time you can ask for help."

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Back Pocket Cards

A wise voice you can literally keep in your back pocket.

When your kid is melting down and you're about to say something you're going to regret, pull this out.

One side validates your experience as the parent.

The other side gives you a script to validate your kid's feelings.

Tantrums, melt downs, power struggles – they're hard, but they go much more smoothly when you can validate feelings and connect again.

Most of us jump to supporting our child, but I encourage you to use the parent side first.

The saying goes, "A dysregulated adult will never regulate a child." Approaching yourself with kindness even in your hardest moments models self-compassion and emotional regulation skills to your child.

Just by taking 30 seconds to regulate yourself, your child will start to calm down, and you will be more successful in supporting them.

Directions:

1. Print single-sided
2. Cut along outer dotted lines
3. Fold along center line so that the card becomes double sided.
4. Keep it in your pocket and whip it out when you're in a tough situation with your kiddo.

For best results:

- Tape edges of the card or laminate card
- Print on thicker paper to increase durability

If you encounter any challenges, email me at: Brecca.Smith@Villagesmith.org

(Also, I know you can send this PDF to your friends. But please, encourage them to purchase it from my website instead. It represents a great deal of effort on my part, and purchases are how I get paid for my work.) Villagesmith.org/parentingtools

Drawn from the Kristen Neff's Mindful Self-Compassion and John and Julie Gottman's Emotion Coaching work.