

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?



Cut on dotted lines

Back Pocket Cards

This card is free for you! For the double-sided version, with a script to emotion coach your child, too, go to: Villagesmith.org/parentingtools

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.

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 this parent card.

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. 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.)

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