

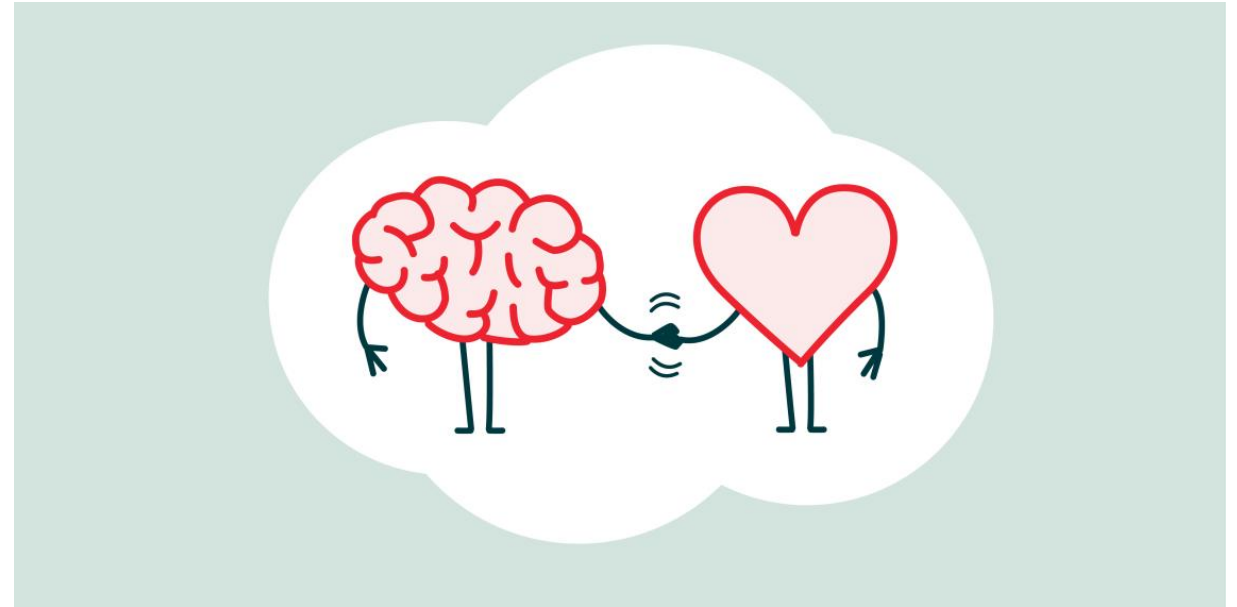
Promoting positive behaviour and emotional wellbeing with your child at home

Tylers Green Middle School

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Session overview

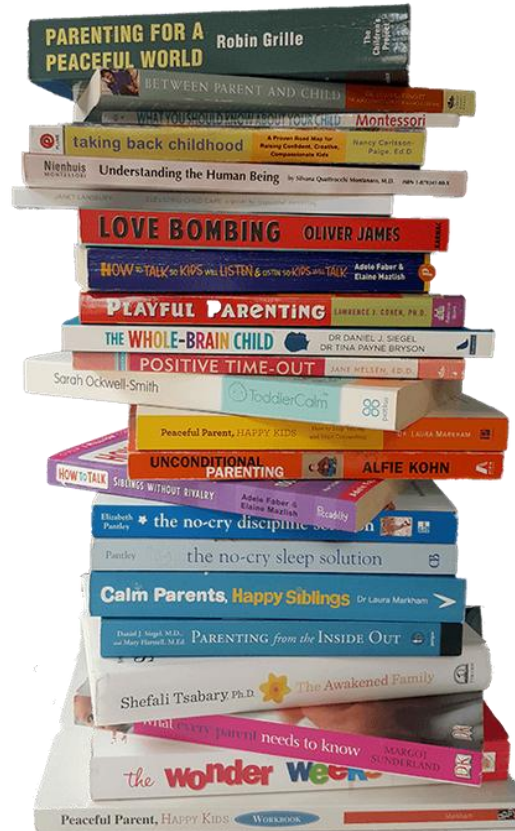
- The concept of 'parenting'
- Shifting from behaviour management to understanding children's emotional needs in line with their brain development
- Parenting styles
- Emotion Coaching
- Hints and tips
- Further information and support



What do we mean by ‘parenting’?

“Before I got married I had six theories about bringing up children; I now have six children and no theories.”

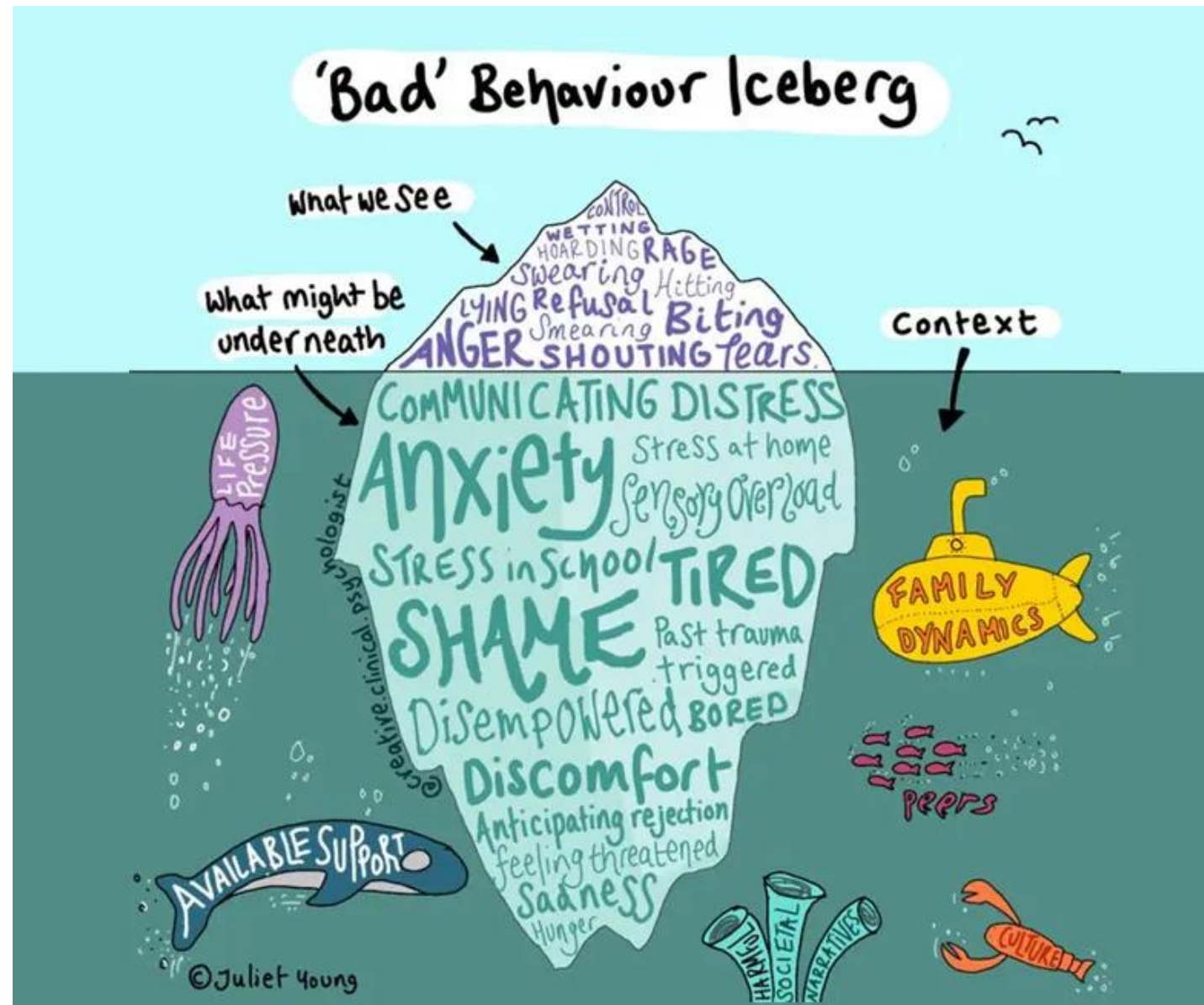
Influences on parenting



Parenting 'pinch points'



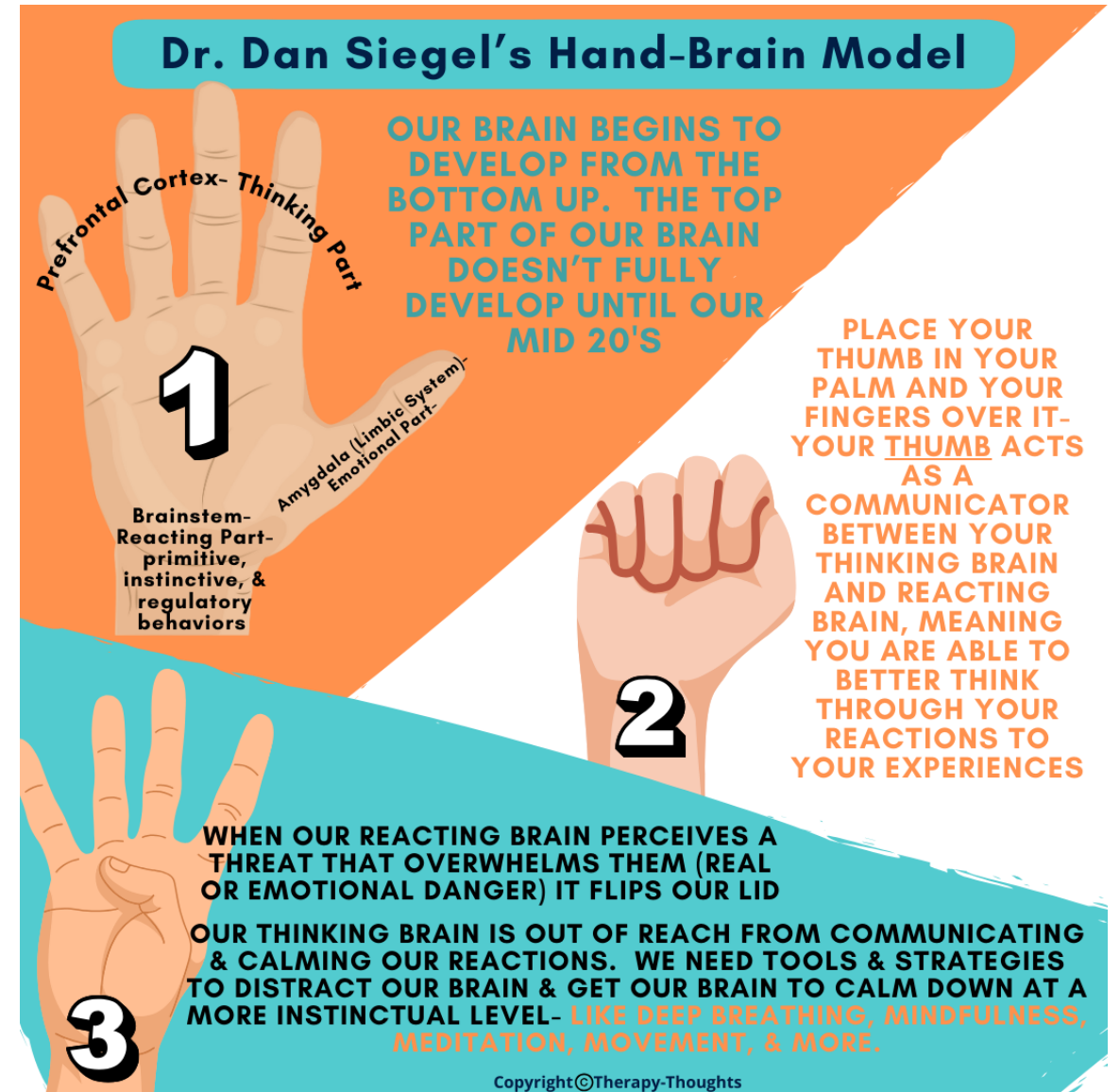
Shifting our focus from behaviour to unmet needs



The Hand Model of the Brain

<https://www.youtube.com/watch?v=Kx7PCzg0CGE&t=48s>

The importance of adult **co-regulation** when children have ‘flipped their lid’ – you need to be their ‘upstairs brain’ in these moments



Four parenting styles

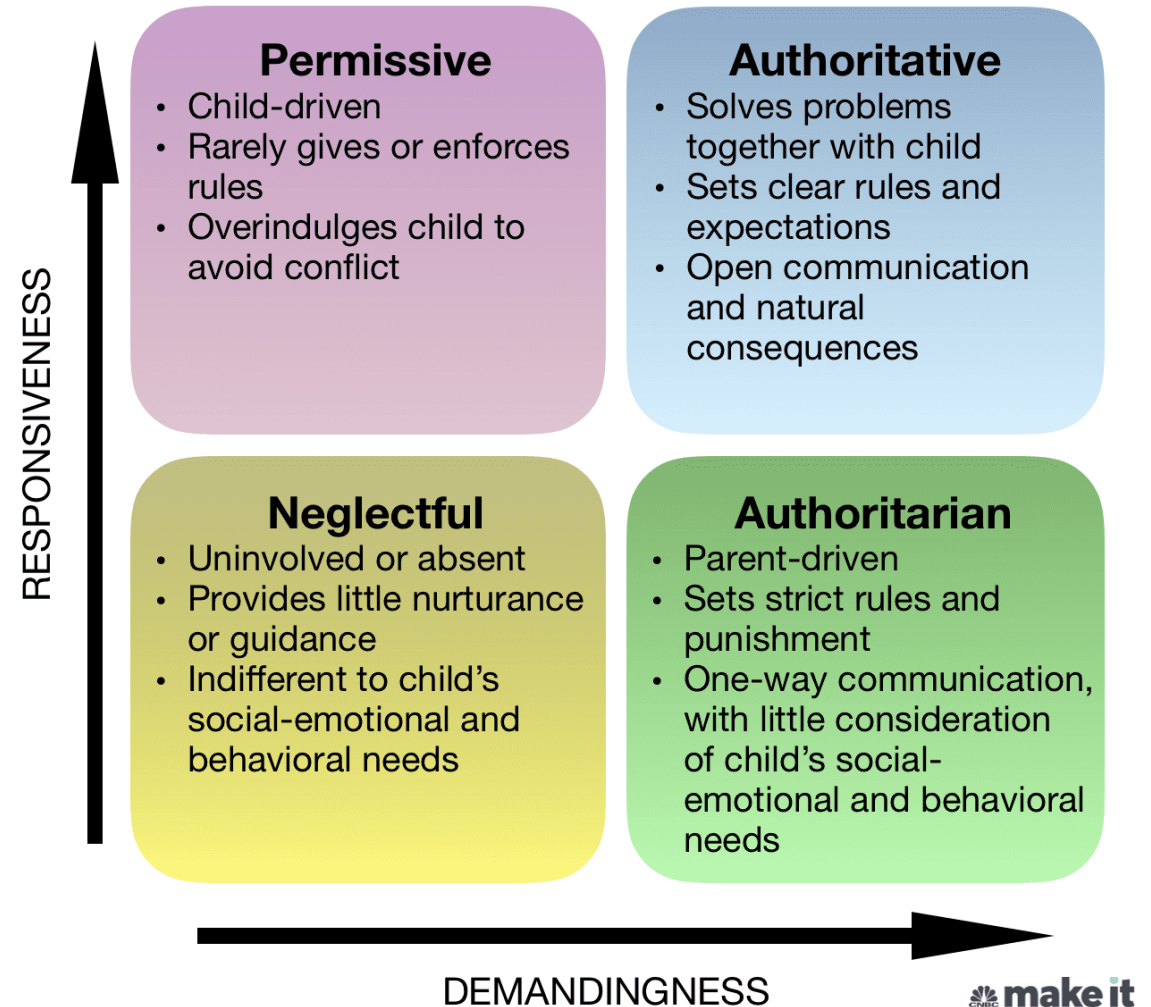
Permissive AKA Laissez Faire

Neglectful AKA Dismissive

Authoritarian AKA Disapproving

Authoritative AKA Emotion Coaching

The 4 Parenting Styles



Examples of the four parenting styles

Emotion Disapproving

<https://www.youtube.com/watch?v=yauGFcPAxIw>

Emotion Dismissing

<https://www.youtube.com/watch?v=F8XuPU75Cg0>

Laissez Faire

<https://www.youtube.com/watch?v=wIWEZGr5dhE>

Emotion Coaching

<https://www.youtube.com/watch?v=W7THt5x0ESY&t=17s>

Time to reflect

- Which of the four styles do you tend to slip into most?
- Where does this come from?
- Which words do you use which are not your own?
- What could you do more of?
- Did you experience Emotion Coaching as a child?



Emotion Coaching

IS

Helping children understand:

- the different emotions they experience,
- why they occur and
- how to handle them

Through co-regulation

ISN'T

- A quick fix
- Therapy
- Dismissive or disapproving of emotional expression
- Letting children behave however they want
- A substitute for other interventions

Emotion Coaching - overview

- Overview video <https://youtu.be/7KJa32r07xk>

- 1 recognise the feelings (child's and your own) and empathise
- 2 validate and label the child's feelings
- 3 set expectations for behaviour (if needed)
- 4 problem solving with the child

Elements of Emotion Coaching



Before emotion coaching – child

5 SENSES MEDITATION



5 THINGS YOU CAN SEE

LOOK AROUND YOU AND NAME FIVE THINGS YOU CAN SEE.

4 THINGS YOU CAN TOUCH

NAME FOUR THINGS THAT YOUR BODY IS TOUCHING RIGHT NOW.



3 THINGS YOU CAN SMELL

PAY ATTENTION TO THREE THINGS YOU CAN SMELL RIGHT WHERE YOU'RE SITTING.



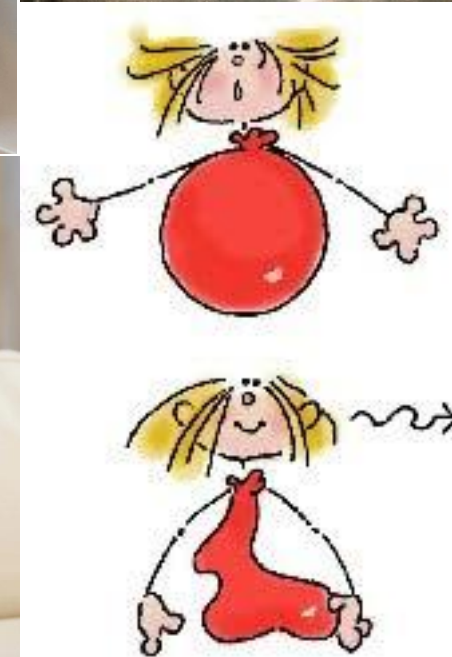
2 THINGS YOU CAN HEAR

PAY ATTENTION TO TWO THINGS YOU CAN HEAR WHILE YOU'RE MEDITATING.



1 THING YOU CAN TASTE

NAME ONE THING YOU CAN TASTE WHILE YOU'RE SITTING.



PROGRESSIVE MUSCLE RELAXATION

	Take 3 Deep Breaths
	Squeeze your foot for 5 seconds, Relax
	Squeeze your leg for 5 seconds, Relax
	Squeeze your stomach for 5 seconds, Relax
	Shrug your shoulders for 5 seconds, Relax
	Squeeze your arm & hand for 5 seconds, Relax
	Squeeze your whole body for 5 seconds, Relax
	Take 3 Deep Breaths



Before Emotion Coaching – adult

Stop, Breathe, Think, Speak Four steps when talking to children

Let's build children up,
not knock them down

Stop.

We all get overloaded sometimes. Stress and anger can build up until we're ready to snap. If you feel that happening in a situation with a child, stop for a moment and take a step back.

We often regret the words we say under stress, and they can have a lasting impact on the child.

Breathe.

Slowing our breathing calms us down, physically, mentally and emotionally. We're able to think more clearly when we pause to breathe.

Try the 7/11 technique – breathe in through your nose to the count of 7, and out through your mouth for 11.

Think.

Treat this pause for breath as a buffer between the incident that's upset you and the action you're going to take – the words you're going to say.

Take a moment to think about the impact your words might have and what you want to achieve by saying them.

Speak.

After stopping to breathe and think, you'll be in a better place to speak to the child about what's happened. You can take action without using hurtful, demeaning words.

Respect the child and listen to them – acknowledge how they feel and talk it through. Focus on addressing the behaviour, not the person – there's a big difference between asking a child to pick up the clothes they've left on the floor and telling them they're lazy.

Emotion Coaching Step 1 – recognise and empathise

- Be a feelings detective for your child

Emotion Vocabulary				
ANGER	SADNESS	FEAR	DISGUST	SURPRISE
Frustrated	Lonely	Worried	Disappointed	Confused
Mad	Hurt	Insecure	Bitter	Overwhelmed
Annoyed	Guilty	Embarrassed	Resentful	Startled
Offended	Uninterested	Rejected	Shameful	Shocked
Threatened	Inadequate	Vulnerable	Averse	Amazed

- What emotions does this bring up in you?
- Inside Out clip: empathy
<https://www.youtube.com/watch?v=t685WM5R6aM>

Empathising with children

- Motivated children need autonomy, competence and relatedness

A situation we put children in	A similar situation for adults	Emotions that may arise
Having a supply teacher		
Being told to share a computer game with their sibling		
Being told to eat something they don't like		
Being reprimanded for being late in front of the class		

Emotion Coaching Step 1 – be a S.T.A.R.

- **Stop** don't react straight away, how is the behaviour making me feel?
- **Think** what is going on for the child? What feelings are underneath the behaviour?
- **Attune** put yourself in the child's shoes
- **Reflect** what would be an equivalent situation for you?



Emotion Coaching Step 2 – validate and label

- I've noticed that...
- I wonder if you're feeling...
- It seems that...
- That sounds as if it was...
- I'm sorry that happened to you
- I would feel... if that were me
- It's OK to feel...
- I get it
- No wonder you were feeling...

Emotion Coaching Step 3 – set expectations

- I understand you're frustrated but it's not OK to hit. Let's find another way
- It's OK to feel sad. It's not alright to hurt me
- I realise it's annoying when plans change but you have to stay where I can see you so I can keep you safe
- I know you love this game but so does your brother and we need to find a fair way to share the controller
- Remember we try to use words
- Remember we use kind hands in this family

Emotion Coaching Step 4 – joint problem solving

- Explore:

What did you want to happen? What do you think they wanted?

How did it make you feel? What does your body feel like now?

- Share ideas:

Can you think of a different way to deal with it next time?

How about if you...? Let's sort this out.

- Agree solutions:

Let's look at our list. Which one of these looks like it could help?

You could try X or Y, which one sounds like a good plan?

Scenarios

- You receive a message saying that your child has been kicking a friend's son and now they don't want to come to school. You pick your moment and bring it up during a car journey but your child says they don't want to talk about it.
- You ask your child to stop gaming and to come and eat dinner. On the third reminder you unplug the console and shout that if they don't stop being ungrateful their dinner is going in the bin.
- Your child misses a penalty in a football match and runs over to you, bursting into tears. The referee is waiting for your daughter to return to the pitch before restarting the game and all eyes are on you.

Instead of:

It's not that bad

You should be
ashamed of yourself

Why are you always
like this?

Calm down!

Because I said so

Don't be a baby

Try:

This is really hard
for you right now

I can see that you're
unhappy

You seem
disappointed

I wonder what would
be a better way to
do things next time?

What can we do to
fix this?

Can you help me to
understand?

You really wanted to
go to the party and
now you're cross
that you can't go

I can see your
shoulders are tense
and your face is
frowning

I'm here for you

Let's take some
deep breaths
together and then
make a plan

The benefits of Emotion Coaching



Delayed gratification and impulse control



Self soothing and resilience



Academic achievement



Adults feel more in control and have better adult-child relationships



Socially included and popular



Fewer infectious diseases

Reminders:

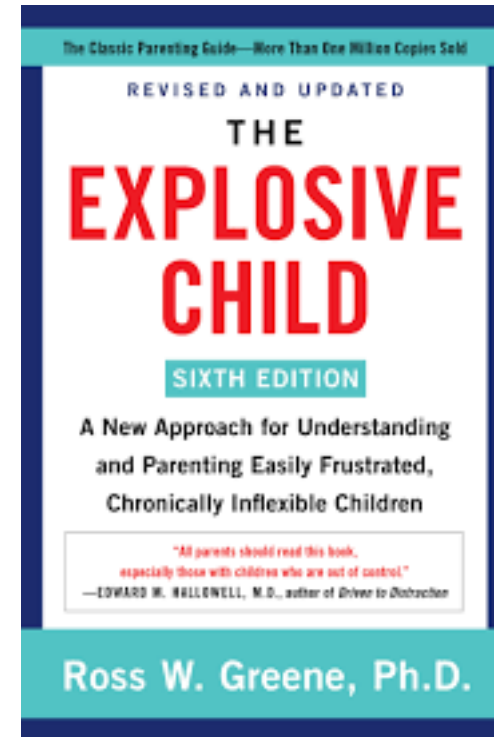
- Not every moment is an Emotion Coaching moment!
- Connection before correction
- The 4Ss: seen, safe, soothed, secure
- Name it to tame it
- More in control but less controlling
- Be kind and compassionate not cruel and unkind
- Know your own triggers and crumple buttons
- You can't pour from an empty cup
- Repair is a valuable life lesson for your child – good enough parenting

A note on neurodivergence

Collaborative and Proactive Solutions

Five practical tips:

<https://wordsmatter.org/wp-content/uploads/2024/03/Words-Matter-Talking-to-neurodivergent-children-and-young-people.pdf>



Further information and support

Emotion Coaching UK

<https://www.emotioncoachinguk.com/resources-for-professionals-parents-carers>

Dr Becky Bailey coaching videos

Anger https://www.youtube.com/watch?v=xs70WBj_GiE&t=24s

Happiness https://www.youtube.com/watch?v=J3_iGzQwQvk

Sadness <https://www.youtube.com/watch?v=fo0Hvyv9CVI>

Fear <https://www.youtube.com/watch?v=U-Wtx-F7rXQ>

Further information and support

Centre for Emotional Health

Step by step guides, tip sheets, print outs and templates

<https://www.centreforemotionalehealth.org.uk/more-information/for-families/>

Words Matter

Five Practical Tips for Communicating with Children

<https://wordsmatter.org/wp-content/uploads/2023/03/how-adults-can-build-children-up-not-knock-them-down.pdf>

What Not to Say

<https://wordsmatter.org/wp-content/uploads/2025/02/words-matter-3-things-to-avoid-saying-to-a-child-when-and-what-to-say-instead.pdf>

Further information and support



The Nurturing Programme

- Free at the point of delivery
- Aimed at parents of 3-11 year olds
- 3-5 weeks
- Parents only, no children
- Covers communication, understanding behaviour, emotional health
- Suitable for children with additional needs – no diagnosis needed
- <https://familyinfo.buckinghamshire.gov.uk/advice-and-support/parenting/free-parenting-courses/>

Further information and support



How to move up to secondary school:

- Online session for Year 6s (via Teams, no need for cameras and microphones to be on)
- 27th May 11-1 or 12th August 1-3
- Covers what to expect, making friends, getting organised
- Can lead to Supporting Your Child's Transition to Secondary School course for parents and carers
- <https://familyinfo.buckinghamshire.gov.uk/youth/youth-courses-and-support/help-for-young-people/>