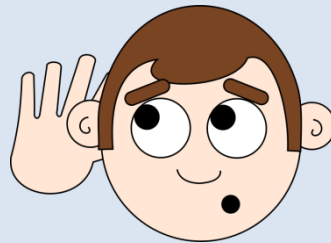


CARE - Emotion Coaching Steps (John Gottman Institute)

1. **Connect** - notice and tune in to your child's behaviour, expressions and body language



2. **Accept and listen** - all emotions are acceptable. It's what we do with them that matters!



3. **Reflect** - what emotions can you see and hear? Help your child to name the emotion they are feeling. Perhaps take a deep breath and just pause for a moment.



4. **End** with problem solving and limit setting – when your child is calm you can talk to them about what happened and ask them how they might do things differently

