



Let's work through these emotions

Think of the last time your child struggled with their emotional regulation and answer the following questions.

Feel free to print this and complete it as often as you like.



1. What type of parent was I during this time?

- Dismissive Disapproving Laissez-Faire Emotion Coaching

2. What led up to your child's emotional response? Be as specific as possible.

3. What emotions were YOU experiencing during this time?

Can you identify any beliefs/feelings underlying your emotions?

4. What emotion do you think your child was feeling?

Brainstorm any underlying feelings your child have?

5. What did you say (or do) and how did your child respond?

5. Did this go as you hoped? If not, what could you try next time?