

Emotional Wellbeing in Children and Teenagers

Guidance for Parents

Bringing up Emotionally Healthy Kids

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This handbook is designed to provide:

- a simple assessment tool for emotional wellbeing
- further information and examples of evidence based techniques that can be used by parents to improve communication with their children and teenagers.

The Emotional Continuum

Maximum mental
wellbeing / fitness

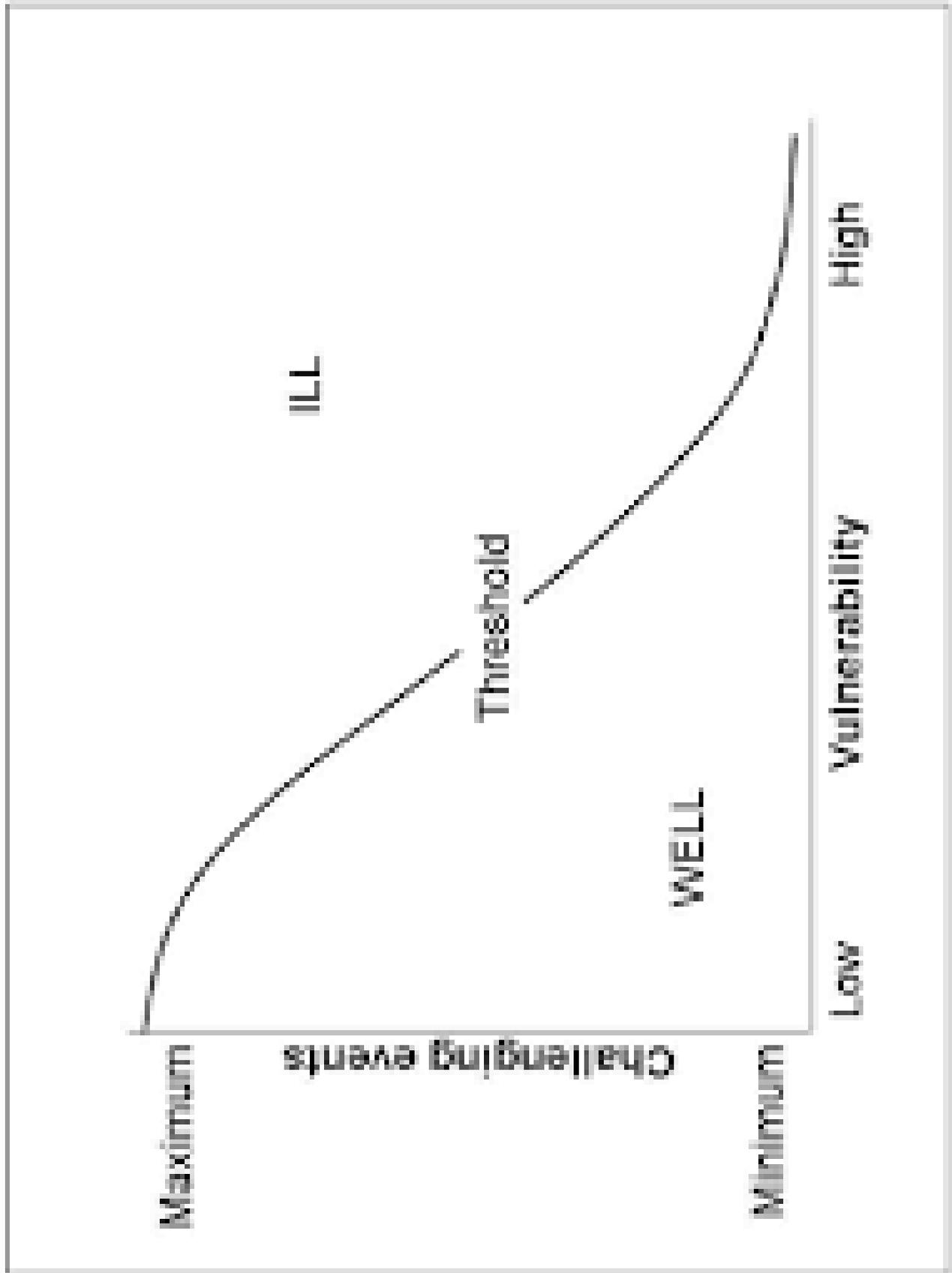


Maximum
mental ill
health

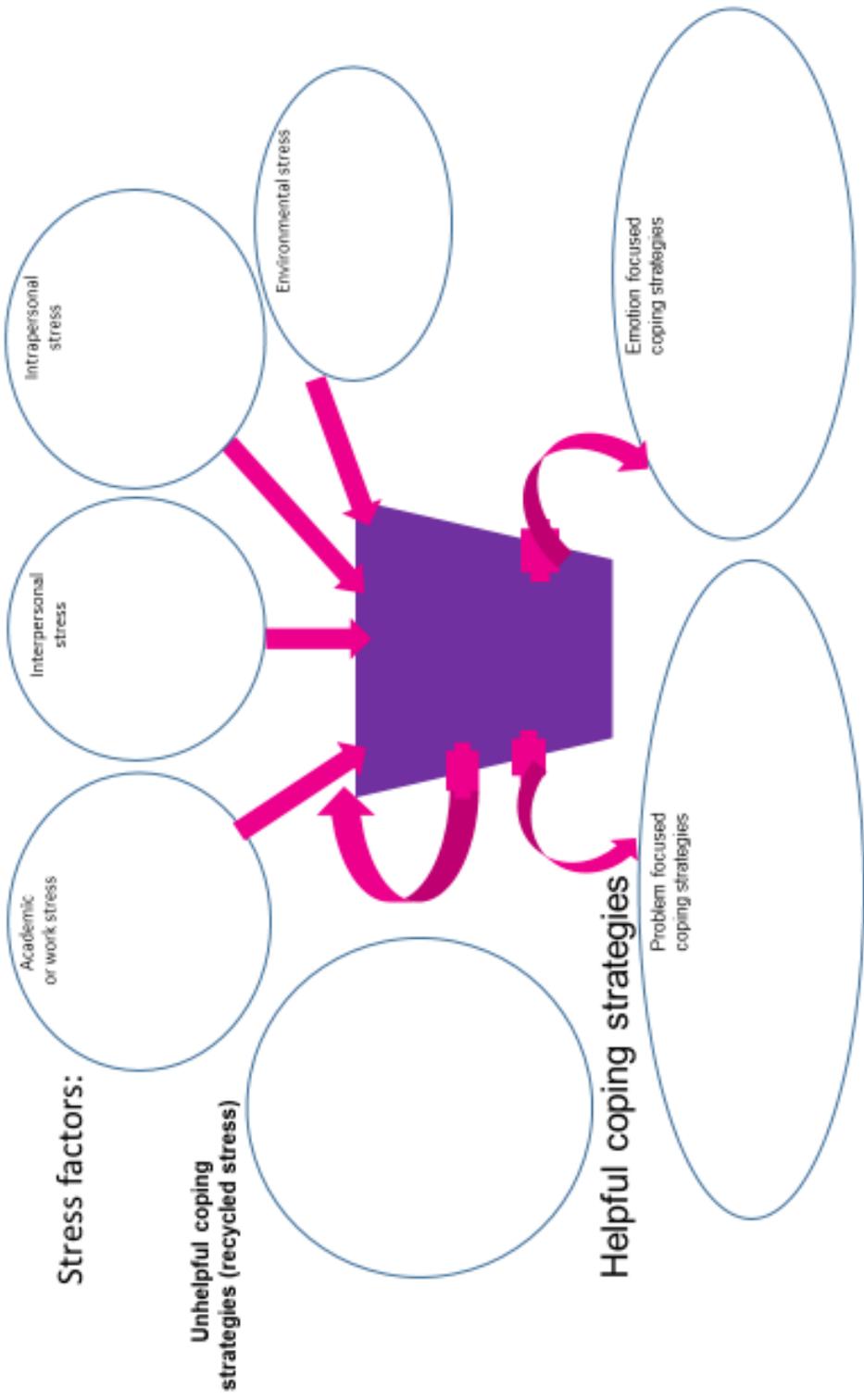
Minimal
mental ill
health

Minimal mental wellbeing /
fitness

The Stress/ Vulnerability Model



Your stress bucket



(Source: Brabban & Turkington, 2002)

Practical Approaches to Improving Communication with Children and Teenagers and Breaking the Circle of “Never Good Enough”

In this handout, you will find explanations of the techniques that you have been introduced to in the parent workshop. In effect this handout provides a useful assessment tool, and provides you with a toolbox of different communication skills, and a guide with some background information on each of the techniques.

Parents are noticing that more and more of their children are struggling with a variety of issues that are affecting their emotional wellbeing. Good listening skills and a non-judgemental and non-critical response from a parent or other trusted adult at an early stage can really help to turn a child round and boost their confidence. It is when a young person feel criticised or judged that they clam up, keep things to themselves and the outcome of this is that when they do come forward they are so distressed they might need much more than an empathetic ear to help them to resolve their problems.

In addition, perfectionism is rife in our exam driven school system. Striving for something can be a healthy and positive attribute; it's good to aim high. But sometimes whatever we do just isn't good enough; we want to be too perfect and start setting unrealistic goals. Such high levels of perfectionism, often driven by low self-esteem, can turn against success and develop in to unhealthy obsession, triggering serious mental health problems such as anxiety, depression and eating disorders.

School staff and parents can learn some simple, yet well researched, evidence based techniques that can help young people to break away from unhelpful thinking styles. These include:

- Learned Optimism
- Solution Focused Questioning
- Motivational Interviewing

This handout provides a brief description of these techniques.

For each child who you might have concerns about or who discloses to you that they need help you can ask yourself a series of questions:

- Where is she on the emotional continuum?
- Where is she on the stress/ vulnerability model?
- What does her stress bucket look like?
- What are the positive intentions of her behaviour? (Every behaviour has a positive intention!)
- Where is she in the cycle of change – can she see any reason to change?

Using any of the techniques in this handout you can create a constructive conversation with the child to:

- Show you are listening and you care
- Show you believe in her ability to come up with her own options
- Show her that you are more than happy to help and guide her
- Reassure her that lots of students find themselves in a similar predicament and with the right help things can improve very quickly

Learned Optimism – the ABCDEF Model

According to Martin Seligman there are more pessimists than optimists in the world and pessimists are more likely to have lower immune systems and to display rigid perfectionist traits. The defining characteristic of pessimists is that they tend to believe bad events will last a long time (PERMANENT), will undermine everything they do (PERVASIVE), and are their own fault (PERSONAL). The optimists, who are confronted with the same hard knocks of this world, think about misfortune in the opposite way. They tend to believe defeat is just a TEMPORARY setback, that its causes are confined to this one case (NOT PERSONAL OR PERVASIVE). The optimists believe defeat is not their fault: Circumstances, bad luck, or other people brought it about. Such people are unfazed by defeat. Confronted by a bad situation, they perceive it as a challenge and try harder.

Seligman believes anyone can learn optimism. Whether currently an optimist or a pessimist, benefits can be gained from exposure to the process of learned optimism to improve response to both big and small adversities. A [learned optimism test](#) (developed by Seligman) is used to determine an individual's base level of optimism. Being in the more pessimistic categories means that learning optimism has a chance of preventing depression, helping the person achieve more, and improve physical health. Seligman's process of learning optimism consists of a simple method to train a new way of responding to adversity, specifically, by learning to talk themselves through personal defeat. It begins with the Ellis ABC model of adversity, belief, and consequence. Adversity is the event that happens, Belief is how that adversity is interpreted, and Consequences are the feelings and actions that result from the beliefs. This is demonstrated in the example below:

Adversity: Someone cuts you off in traffic.

Belief: You think, "I can't believe that idiot was so rude and selfish!"

Consequence: You are overcome with anger, yelling profanity at the other driver.

In the journey to learning optimism, emphasis is placed on first understanding one's current reaction to and interpretation of adversity. Learners are asked to keep a journal for two days in which they note small adverse events and the beliefs and consequences that followed. Next the learner returns to the journal to highlight pessimism (e.g, pervasiveness: "it doomed me...") in their written descriptions of the events.

To the ABC model, Seligman adds D (disputation) and E (energization) and F (functional new thought). Disputation centres on generating counter-evidence to any of the following: the negative beliefs in general, the causes of the event, or the implications. D also means reminding oneself of any potential usefulness of moving on from the adversity. Disputation for the above traffic example might sound like this: "I am overreacting. I don't know what situation he is in. Maybe he is on his way to his daughter's piano recital and is running late. I'm sure I have cut people off before without meaning to, so I should really cut him a break. I am not in a hurry anyway."

Over time, responses like this are predicted to change feelings to be more hopeful and positive. Successful disputation leads to energization, the E in the ABCDEF model. One is energized, and should indeed try to actively celebrate, the positive feelings and sense of accomplishment that come from successful disputation of negative beliefs. Disputation and Energization (celebration) are the keys to Seligman's method.

Teaching children learned optimism by guiding them through the ABCDEF techniques can help them to better deal with adversity they encounter in their lives. If children are taught early then the thought process of disputation is claimed to become ingrained in them. They do not, then, have to focus on being optimistic, but rather optimism becomes automatic and leads to a more positive life for that young person.

An Example of the ABCDEF Approach to Challenging Negative Thoughts Using a Cognitive Behavioural Approach

Anna, age 11, has got caught up in a cycle of thinking that she must go for a long fast run after a meal because she feels bloated and fat and this is the only way she can alleviate her symptoms.

Adversity –“I ate a big lunch at school”

Belief –“I am bloated and fat”

Consequence –“ I need to go for a long fast run which is not pleasurable, is painful and makes me feel exhausted. “

It may well be that Anna automatically goes to the consequence as a result of eating a big meal, she is not even conscious of her negative belief. So, Anna has a rigid rule:

“When I have eaten a big meal, I must go for a long fast run”

In the positive psychology/ learned optimism approach we progress from ABC to D.

D is Disputing or questioning the validity of the thoughts and belief.

Having had several conversations with the gap year student who is really fit and healthy and laid back, Anna feels more able to challenge her unhealthy thought

Dispute	Effect/ Energy	Functional New Thought
<p>What are some reasons I can generate to question my unhealthy thought?</p> <p><i>We all have the same lunch and I am the only one who feels fat straight after. In fact, they seem to really enjoy their lunch and happily have a snack after school as well.</i></p> <p><i>They are not compelled to go for a long fast run. Many of my friends do lots of exercise including running and there are many other benefits, the social side, relaxation. I used to feel like that before I became so fearful of being fat. Now I actually hate running but feel compelled to go.</i></p> <p>How can I correct my thinking errors?</p> <p><i>Feeling fat makes me anxious and that will be hard to change. Perhaps I can try to think about other ways that help to reduce my anxiety. Going for a run is not the only option. Perhaps I will book onto that street dance class that some of my friends go to.</i></p>	<p>How do I feel after challenging my thoughts?</p> <p><i>On the one hand, I feel scared and nervous about trying to make changes. On the other I feel confident that now I have looked at some of the options I feel energised to give them a try.</i></p> <p>How might I act differently as a result of challenging my thoughts?</p> <p><i>I can try some new ways to reduce my anxiety around food. It will be hard but my classroom assistant is being really kind and supportive.</i></p>	<p>How can I express my new thought in my own words.</p> <p><i>I know that I am still going to feel fat after a large meal, but I no longer feel that I absolutely have to go for a run. There are plenty of other things that might help to reduce my anxiety and I am going to give them a try. The worst thing that can happen is that none of them work, in which case I still have the option of going for a run.</i></p>

Solution Focused Questioning

Solution Focused Questioning is a useful technique to gently challenge negative thinking and perfectionist behaviours.

Several researchers have linked positive outcomes to communication styles that

- (1) respect the integrity and individuality of the young person,
- (2) demonstrate confidence in their ability to learn and act responsibly,
- (3) encourages the young person to examine and resolve their own problems,
- (4) involves the young person in family discussions, activities, and decisions, and
- (5) facilitate positive parent/ child relationships.

Solution-focused practices can also assist parents in preventing and resolving unhelpful behaviour problems by explicitly recognizing and amplifying the young person's strengths, resources, and successes instead of attending only to their mistakes and problems (Goldstein & Brooks, 2007). Parents have nothing to lose and everything to gain by enlisting their children as consultants on their own problems and goals. Children, like the rest of us, appreciate being asked for their opinions and ideas. Even if the young person has no specific ideas for improving things, the question itself conveys respect and enhances the parent/ child relationship—which is a benefit in parenting and behaviour management.

<http://www.drjohnmurphy.com/justforparents.htm> and

<http://www.drjohnmurphy.com/justforteachers.htm>

Solution Focused Questions Examples

- What, specifically, would you like to be different?
- What, specifically, could you do to get started?
- If the first step is successful, then what?
- Who else could you ask for support, assistance, if anyone?
- What could you ask for?
- What would be signs that things are going well?
- How would you know if you were off-track?
- What would you do if you got off-track?
- What would success look like?

Introduction to Motivational Interviewing

People in distress are reluctant to change and fear that things might get worse. The more you ask, tell or plead with them to do something they are not inclined to do, the less and less likely they become to do it. Often it will simply serve to encourage them to stick even more steadfastly to their rigid rules.

Motivational interviewing is designed to elicit a behavioural change in people who do not recognise the need for change, or they feel ambivalent about it. This technique has been successfully used in the mental health arena for many years and is successful because it puts a young person in control of their own changes. The supporting adult acts as a facilitator, helping them to explore their feelings and different potential outcomes but never telling the young person what to do. The young person finds their own path to change and is therefore far more likely to stick to it.

MI skills can be adapted to almost any situation. Developing and using these skills will help you to become a better listener, help you to understand the young person's viewpoint, help you to help them to determine appropriate goals for behaviour change and help you to help motivate them to change their current behaviour to meet these goals.

Aesop's fable of the Sun & the Wind illustrates how change comes about by creating a little bit of discomfort, but not so much that the student is likely to fail. The Sun gets the man to take his coat off, first by shining gently down to get the man to relax, and then by making the man feel uncomfortably hot as the sun gradually heats up, so that he takes his coat off. This is in contrast to the wind which blew harder and harder trying to force change, and the result was the man held on to his coat much tighter.

Beware of the **Reassurance Trap** when communicating with anxious children.

When anyone gets anxious there is a physiological response which makes us feel stressed. We manage this by using different strategies to calm ourselves down. The problem with using reassurance as a strategy to help a needy child is that they don't learn to reassure themselves, and have to constantly rely on others to feel better.

Like taking a drug, or picking up a crying baby, the effect of reassurance is only temporary and becomes less effective as time goes on. The child's anxiety rises, and they have not learned to master their own fears. This results in chronic anxiety and no strategy to manage it. Healthy people do get anxious but they learn to manage it so that it doesn't become chronic anxiety. The way to help the young person with this is to support them to sit with the anxiety while it spikes (it will naturally reduce), and support them to look at the bigger picture and come up with their own strategies, such as looking for evidence themselves.

When they master their fear by learning to reassure themselves, the level of anxiety returns to a much lower level than if they had received reassurance. The next time a similar fear surfaces, they will be better equipped to deal with it themselves.

Useful phrases

- "It is not helpful for me to keep reassuring you"
- "You seem very anxious/ frightened. That often makes young people seek continuous reassurance about the same things over and over, but in the long term it is not helpful."
- "You know the answer to that, I believe you can do it."
- "If I keep reassuring you it will keep your anxiety flourishing"
- "This high anxiety you are feeling right now will pass. It is like a wave. What could we do to help distract you from all these anxious thoughts? Would you like to go for a walk with the dog, do some drawing, write a poem etc"

Motivational Communication Skills – OARS

Through the workshop you will have been introduced to some ideas about motivational language including OARS and DEARS. These language skills help you to really listen and come alongside the student:

Open Questions

These invite a young person to talk and explore their own ideas and can help the parent to understand more about how the young person is really feeling. Avoid WHY questions as much as possible.

- I am curious to know how I can help?
- What would be helpful?
- What would you like the next steps to be?
- Help me understand what you feel your options are?
- What was the best/ worst thing that has happened this week?
- Who is important to you right now?
- Would you mind if I make a few suggestions that have worked for other students?

Affirmations

These help the young person to acknowledge their own positive behaviours and character strengths, which then builds confidence in their ability to change. Affirmations also allow for recognition of the young person's difficulties, letting them know their concerns and issues are valid. Affirmations convey respect, understanding and support and need to be both genuine and appropriate

- You are so hard working, resourceful, thoughtful, creative, inspiring etc
- That's a really great idea
- I can see that you find these things difficult and you displayed a great deal of courage
- I'm not sure other young people would manage so well

Reflections

By paraphrasing a young person's comment and repeating them back you can show you are really listening and seeking to understand what is being said. You can also seek to clarify issues you haven't really understood and you can play devils advocate by slightly changing the meaning so that the young person will correct you and clarify what he is thinking.

- I can see you are struggling to start/ finish this
- Please correct me if I'm wrong. What I think you mean is ...
- It must be tough for you trying to fit everything in
- You seem overwhelmed, exhausted, distressed

Aim for three reflections to every open question. If you are really listening and wanting to show you are prepared to come alongside the young person, then the young person should be doing most of the talking, with gentle nudging and guidance from the parent.

Summaries

These pull together everything that has been discussed and again helps to reaffirm what has been said and to check that you fully understand the individual's thoughts, desires and intentions. If possible, schedule the next conversation so that the child feels that you are really interested in his situation.

- In summary, we have talked about x, y and z, have I missed anything?
- We've covered a lot. Would you agree these are the next steps?
- Would you agree these are the key things to take away?
- We have had a really constructive conversation. Shall we talk again at the weekend?

Motivational Communication Skills – DEARS

Motivational Interviewing is based around 5 principles, easily remembered using the acronym “DEARS”

- Develop Discrepancy
- Express Empathy
- Amplify Ambivalence
- Roll with Resistance
- Supporting Self Efficacy

Developing Discrepancy

The aim of this is to help the young person realise that there is a difference between where they currently are and where they want to be and that their current behaviour might be standing in the way of some of their goals. The goal is to motivate the young person to resolve the discrepancy by changing their behaviour.

Express Empathy

Struggling children might be feeling isolated, frustrated and out of control. They may feel nobody understands them and all they can hear is constant criticism and nagging to change. By stepping in to the shoes of the child and trying to understand why they are behaving a particular way, you as the parent can gain a far better picture of how to support the child, whilst also earning their trust.

Amplify Ambivalence

Even the most committed perfectionists and seemingly rebellious children can at times recognise some of the negative aspects of their behaviour. A parent who can spot an opening and can calmly verbalise the negatives and repeat and perhaps magnify them can help the child to start to see there are two sides to the story. Encouraging a child to explore these negatives as well as the positives about their behaviour can help them to recognise that change might have some positive outcomes.

Rolling with Resistance

Change isn't easy, progress can be slow and emotions can run high. As a parent you might feel the young person is making some progress only to find it is one step forward and two back, and the child is adamant they want to stay just as they are for a little longer. The key is not to damage the good relationship you have been developing by lecturing, pestering, badgering or otherwise insisting on change. Develop your own useful phrases:

“It must be baffling for you that we are all concerned and from your point of view you are ok. Tell me about the things that are going well and make you feel happy at the moment.”

“I have noticed you struggling and would like to help but maybe this isn't such a good time for you. I am here for you if you ever want to talk”

Supporting Self Efficacy

This process is all about enabling a young person to take control of their own destiny, they create their own goals and, with support they find the right path for them. The path won't always be straightforward but the important thing is they keep trying and they are given clear and positive support every time they come up with an idea/ experiment however small that challenge might be. As a parent you can help support the young person verbally and practically – helping them work out how they can execute their plan both at home and at school.

Example Scenario using DEARS

Andrea age 10 is a fabulous all-rounder who is very popular with her peers. She is involved in lots of sports, the school play, music tuition, and high academic sets. Her older brother has just got in to Cambridge and she wants to follow in his footsteps. She appears very confident and happy although a few of her close friends have noticed that she has become very interested in reading about celebrities who have used self-harm as a coping mechanism. They decide to talk to Andrea's Mum who asks Andrea if everything is ok. Andrea is adamant that she is fine and that she is just intrigued that celebrities like Demi Lovato and Miley Cyrus feel so much pressure that they develop these coping strategies. Mum feels she needs to open the door for further conversations and to show Andrea she has noticed that she may be finding life a bit difficult at the moment and that she is prepared to listen and talk, and help out if she can. She uses MI skills to act as a facilitator, helping Andrea to explore her feelings and different potential outcomes but never telling Andrea what to do. The idea is that Andrea will find her own path to change and is therefore far more likely to stick to it.

Develop Discrepancy

"I know you love doing all these different activities YET I have noticed that you seem to be struggling to fit everything in and you seem anxious"

Express Empathy

"I understand that you really enjoy all of these activities that you are doing, and you have a great deal of talent for so many different things. It must be hard sometimes to prioritise and/or to say no to things. I know many students wouldn't have the energy and resourcefulness to fit everything in."

Amplify Ambivalence

"It must be annoying and frustrating for you to see that most of your friends have more spare time to relax at the weekends. Do you think they have had to prioritise and perhaps let a few things go? I know that you wanted to go to the cinema this weekend, but you were unable to because of drama rehearsals."

Roll with Resistance

"I can see that you think I am making a fuss about nothing and that must be annoying for you. I am just concerned about you taking on too much and getting exhausted. Let's focus on something else and come back to this later..."

Supporting Self Efficacy

"You are incredibly organised and resourceful and you manage to fit so many things in to your week. I don't imagine many of your friends are so organised."

"You have clearly thought long and hard about carrying on with all your activities, and planning how you can fit everything in"

"I can see that sometimes you struggle to fit everything in and that sometimes things don't go according to plan. I admire the way you can pick yourself up when things don't go according to plan"

The Functional Analysis ABC model of behaviour.

Antecedent	Behaviour	Consequence
External – time pressure. Chaos of too much going on	Unusual and new interest in self harm as a coping strategy	Positive – the possibility that there might be an easily accessible coping strategy that will some of the pressure
Internal – wanting to please everyone, perfectionist traits, fear of failure.....		Negative – can be very harmful and is not a healthy long term strategy. Andrea’s family, friends and tutors are on alert and are worried.

As a parent you can look at any young person’s behaviour and look at the antecedents and the consequences of the behaviour. If nothing changes a vicious cycle can develop in which the young person gets more stressed and thus more likely to adopt unhelpful and potentially harmful coping strategies. Looking at this model can you change your own response to try and break the vicious cycle?

Can you see anything that Andrea could be doing differently to help break the cycle? Acknowledge the emotions rather than focusing on the behaviour. Is she feeling anxious, sad, stressed, out of control?

If the young person can come up with his/her own ideas and can verbalise them, they are more likely to give it a try. If the young person is really struggling, you could ask if its ok if you make a few suggestions which the young person could choose from. “Would you mind if I make a few suggestions based on things that have worked for others?”

If you give a few options the young person is much more likely to choose one of them and try it out, rather than if you just said “I think you should do this...”

Using OARS and DEARS you can help elicit change thoughts and talk from the young person.

If emotions are running high you might choose to roll with resistance and come back at a later time.

SMART BABY STEPS

Change is difficult and it is much better to have small achievable goals rather than setting the young person up to fail. Any effort by the young person to move in the right direction should be noticed and acknowledged. Patience is invaluable as progress may be very slow. Regular review of progress will help the young person to become more confident and boost her self-esteem.

Specific

Measurable

Acheivable

Realistic and within a

Timeframe

As a parent, you can help guide a young person to devise their own sensible goals and to review and reflect on how things are going. Solution focused questioning is useful here.

Character Strengths and Virtues

Martin Seligman is the founder of positive psychology, a field of study that examines healthy states, such as happiness, strength of character and optimism. Together with Christopher Peterson he wrote a groundbreaking handbook of human strengths and virtues which are summarised in the table below:

Wisdom	Courage	Humanity	Justice	Temperance	Transcendence
Creativity	Bravery	Love	Fairness	Forgiveness	Hope
Curiosity	Persistence	Kindness	Leadership	Humility	Gratitude
Open minded & non judgemental	Integrity	Social Intelligence	Citizenship	Prudence	Humour
Perspective	Determination	Empathy	Respect	Self Regulation	Sense of excellence

Visit Seligman's website <https://www.authentic happiness.sas.upenn.edu> for more information, and there is a short video at <http://www.viacharacter.org/www/Positive-Psychology> that explains more about the aims and benefits of positive psychology. The aim is to focus on what is right about the person, rather than what is wrong with their behaviour.

Parents who can identify and focus on a young person's character strengths, whatever that young person has just said or done, rather than focusing on their weaknesses or failures, will find that the young person is much more motivated to make positive changes.

A couple of examples:

Isobel has seen the school counsellor twice. She is scheduled to have four more sessions. She says to you in an angry tone:

"I hate therapy with a passion and I am not going anymore"

Your instinctive reaction might be to argue with logic why you think she should go. An alternative response might be more motivational:

"It is good that you feel so passionately about things. Tell me more about how therapy is going."

At the very least you will have sidestepped the anger and sown the seed that you are interested to hear how therapy is going, and possibly you have lightened the mood with a little humour.

Amy is really annoying you with her constant chatter. She is a clever girl with really good ideas and she expresses herself really well but she can be a distraction in class. Her teachers have raised this as a problem. You are also a teacher at the school.

Your instinctive reaction is to punish her disruptive behaviour:

"Amy if you don't stop talking in school I will take your Ipad away from you." This might prove a deterrent in the very short term but is unlikely to work longer term.

An alternative response might be more motivational:

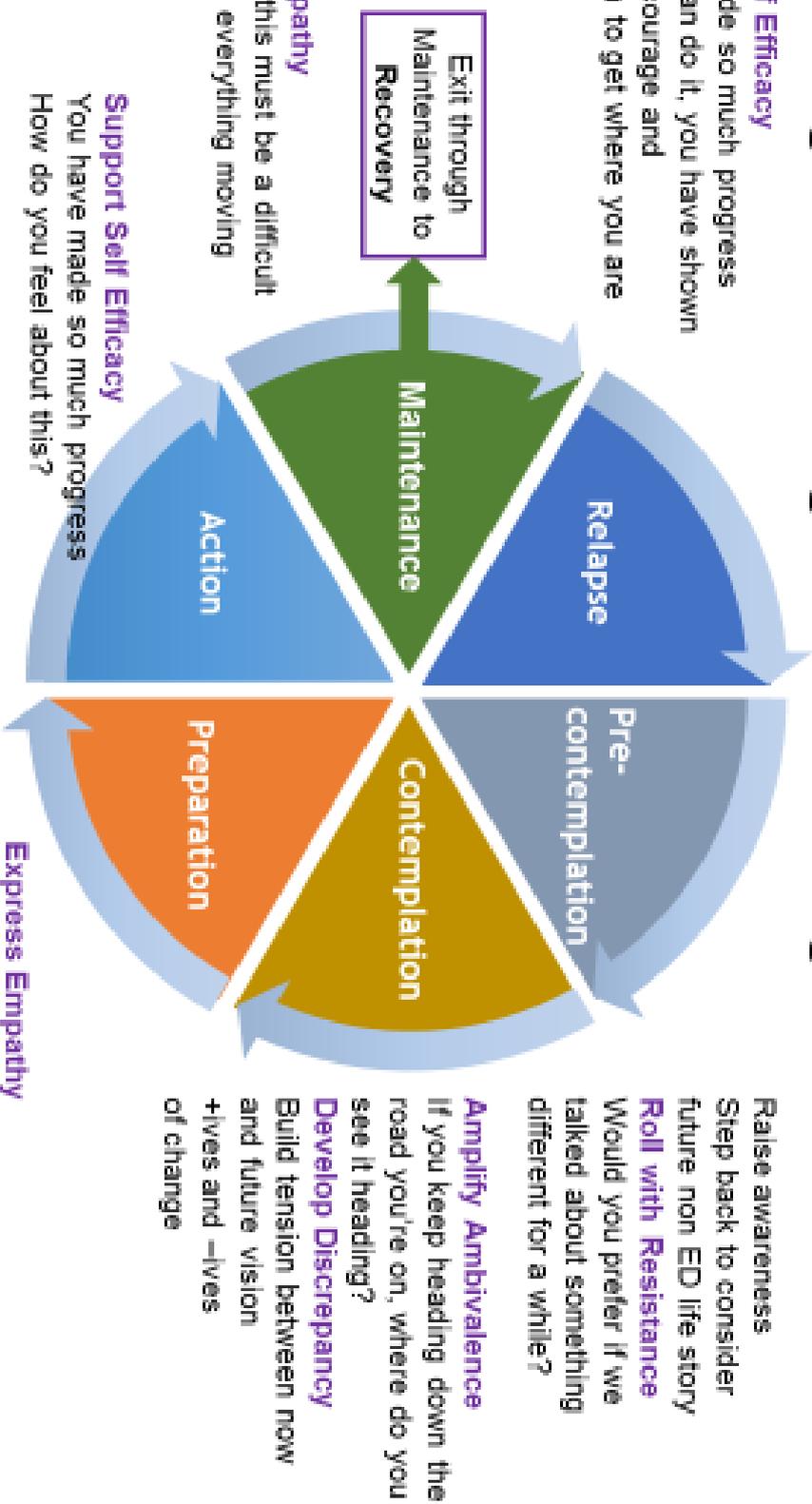
"Amy we need to talk about this at the weekend". This might have the same immediate effect as she will be curious to know why, and she will most likely be expecting a telling off. Instead you might say in that meeting:

"Amy I have noticed that you express yourself really well and I am starting up a debating society at school. I would really appreciate it if you would help me set it up. You would be a real asset and I know many of the younger girls look up to you"

Stages of Change Model Using DEARS

Support Self Efficacy

You have made so much progress
I know you can do it, you have shown
us so much courage and
determination to get where you are



Express Empathy
I understand this must be difficult
You must feel so confused about the best pathway

Improving Communication By Looking at the Emotion Behind the Behaviour

When communicating with your children try to remember these two key things:

“Every behaviour has a positive intention”

“Look for the emotion behind the behaviour”

In this way as a parent you are much more likely to be able to come alongside the young person, wherever they are in the change cycle, and understand what is driving their behaviour and how they are feeling.

One of the reasons teenagers can be so impetuous and display incredible swings in mood is because the levels of dopamine in their developing brains are elevated, often to very high levels. Too much dopamine can result in unpredictable and seemingly unacceptable behaviour and drives teenagers to take high risk decisions with poor judgement. Over 90% of dopamine is produced in the emotional (limbic) part of the brain and so it follows that if a parent can connect with the emotional part of the young person’s brain, the result will be that the young person feels better understood and listened to. As Andrew Curran succinctly writes in his book “The Little Book of Big Stuff About the Brain” – “The two ways of producing dopamine that allow it to be produced in a very specific way are through reward and anticipation of reward. Under these conditions secretion of dopamine is firmly under the control of the emotional system and is applied as though by a painter delivering final touches to a masterpiece. See

www.independentthinking.co.uk/people/associates-a-c/dr-andrew-curran.aspx .

There are 5 basic steps that parents can use to help them to connect better with their children and to understand the emotions behind their behaviour.

Attend
Label
Validate
Regulate/ Soothe
Learning.

Step 1: Attend

Attend to the visible signs of the young person’s emotional experience by approaching the situation calmly and acknowledging the presence of emotion through their body language:

“I see that something is up. I notice that when I asked you if you understood the reasons why you are not allowed to go on the school trip you started picking the skin on your thumb/ you were looking at the floor/ you were fiddling with your necklace/ your muscles were tensed up/ you were frowning...”

Step 2: Label

Put into words the emotions (or range of emotions) that you think the young person might possibly be experiencing.

“You seem sad. I am here if you would you like to talk about it?”

Step 3: Validate

This is the most important and yet the most challenging of all of the steps of emotion coaching. It communicates empathy:

“I can understand you might be feeling sad right now.”

“I know you were looking forward to going on that trip”

“I might feel sad if I had a disappointment like that”

Validating involves the parent putting themselves in the young person’s shoes and conveying understanding of their experience as **they** are experiencing it. This involves imagining what the situation

must be like for them. It is important to accept, allow, and validate emotions that are different from what you expected or that are hard for you to understand.

When validating, it is also very important to resist going for the bright side, explaining with logic or trying to help the young person to see the situation from your perspective. A parent that can do this will be showing the child that he understands them (and their unique experience) and this will 1) improve the parent/child relationship, 2) encourage the young person to keep communicating with the parent when things get tough and 3) help the young person to move forward from the immediate emotional challenge.

When validating it is also very important to “speak the unspoken”. Speaking the unspoken involves speaking that truth that both parties know, but that neither wants to say out loud.

“I can understand why you might feel sad. It really hurts to be excluded, especially when all of your friends are going on that trip”.

4. Regulate

When meeting the emotion need, it is important to refer back to the basics of emotions. Each emotion has a corresponding need from the environment.

Sadness: soothing, giving a verbal or physical hug

Anger: helping to set and defend boundaries

Fear: protecting from danger (this does not mean protecting against anxiety! A real danger must be involved)

Anxiety: helping to confront the anxiety-provoking situation with empathy and support

Give positive feedback about the young person’s ability to express an emotional response and try to balance this immediate negative feeling with something more positive

“I am impressed that you are able to talk to me about how you feel. You are a talented person, a great leader, determined to do well and passionate about your sporting achievements. Let’s talk about how we can come up with a plan in which you can use all your skills to manage your time better so that you don’t find yourself in this position again.”

5. Learn and Problem-solve

Attending to, naming and validating an emotion/emotional experience goes a long way to connecting with the young person. A good relationship has been forged, the child trusts that the parent is really trying to understand and listen and will not simply dismiss her worries and tell her what to do.

This final step is often unnecessary since engaging in the prior steps decreases the strength of the emotion and can help many young people to then engage in their own problem-solving.

When this step *is* required, problem solving communicates “I will help you sort to this out” and it can be very helpful, but only if it comes after attending, labeling and validating the emotional experience of the young person.

“Why don’t we sort out how you are going to deal with your friends talking about the school trip and/or things coming up about the school trip on social media. And then why don’t we look ahead and plan how you can better manage your time so that your academic work gets sufficient attention and you can also still have plenty of time to enjoy your sport and see your friends.”