



## Developing Positive Behaviour through Emotion coaching: An approach for parents and carers to use with children and young people (aged 3-18 years).



### Sound familiar?

Tim, 4, has made it clear he doesn't want to get ready for bed and his loud screams wake up his baby sister.

Marta, 9, refuses to get up out of bed and prepare for school in the morning. When her Dad pulls off the covers, she hurts him.

Sam, 15, won't stop playing on the iPad. He promised his sister he would share it with her, and so a loud argument starts. Someone gets hurt.

Emotion coaching is an approach which helps children and young people to understand the different emotions they experience, why they occur and how to handle them. This helps children and young people to learn how to regulate their emotions and behaviour.



- Emotion coaching training is a [free, online course](#) for [parents and carers](#).
- There are [two training options](#) to choose from:

**Option A: Introductory Course:** An introduction to emotion coaching, including a 1.5 hour training and a drop-in Q&A session. Course dates: 27<sup>th</sup> October (12.30-2pm) and 3<sup>rd</sup> November (12.30-1.30pm)

OR, 23<sup>rd</sup> November (5.30-7pm) and 7<sup>th</sup> December (5.30-6.30pm)

**Option B: Applied Course:** A more in-depth look at what emotion coaching is and how to use it effectively with your child, including 5x 1.5 hour sessions with a mix of training, reflection and discussion. Course dates: 20<sup>th</sup>, 26<sup>th</sup> January & 3<sup>rd</sup>, 10<sup>th</sup>, 24<sup>th</sup> February 2021 (12.30pm-2pm).

To sign up for either option A or option B courses please email

**[sw.educationteam@surreycc.gov.uk](mailto:sw.educationteam@surreycc.gov.uk)**

“It was a lovely course and it will help many parents”- Parent