

# EMOTION COACHING FOR PARENTS OF TEENS



## CREATING CONNECTIONS

SETTING YOUR CHILD  
UP FOR SUCCESS

Facilitated By  
Alison Kelly  
LPC, MA, DBTC, NCC  
404-386-6130

\*Check the website for  
upcoming dates including  
more information on  
other available  
workshops and groups.

## Emotional Intelligence & Resilience

Parents have a tremendous opportunity to influence their child's emotional development, regardless of age. Specifically, parents can "coach" their children to become aware of their emotions and regulate their feelings more easily. Emotion Coaching is a 5-step method that builds emotional intelligence and resilience. A wealth of research has shown those children of parents who take on the role of "emotion coach" function much better in a number of areas, including academic performance, social skills and physical & mental health. These children also experience fewer "negative" emotions overall and develop the ability to become more independent.

### Location and Contact Information:

700 Old Roswell Lakes Parkway  
Suite 130  
Roswell, GA 30004

Contact Alison Kelly @ 404-386-6130 or email  
alison@kellycounselingandcoaching.com

[www.KellyCounselingAndCoaching.com](http://www.KellyCounselingAndCoaching.com)



# Becoming An Emotion Coach For Your Children

Emotion Coaching is a parenting technique that helps children understand their feelings. When parents Emotion Coach, their children learn how emotions work and how to react to feelings in healthy ways.

Emotion Coaching starts by recognizing your child's feelings. Many parents are able to see the positive emotions a child expresses but drawing close to a child who is angry or sad can take some practice. While it takes effort to teach your child about feelings and appropriate behaviors, it is time well spent. Your relationship with your child will be stronger and your child will be more prepared for the challenges life can bring.

Research shows that children who understand their feelings and learn about their emotions have these advantages:

- They form stronger friendships with other children.
- They calm themselves down more quickly when they get upset.
- They handle their moods better and have fewer negative emotions.
- They are more emotionally resilient
- They have more positive feelings
- They do better in school.
- They get sick less often.
- They make good choices.

