**Session 3: Emotion Coaching**

***Domain: Positive Behavior Support***

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| **Relevant Family Goal:** |  |

* **Session Goals** *(check all that apply)*
  + Understand rationale for emotion coaching
  + Understand emotion coaching steps
  + Know the Dos and Don’ts of emotion coaching
  + Practice emotion coaching
  + Explore barriers to using emotion coaching
* **Handouts to Use** *(check all that apply;* [*click HERE*](https://thefamilycheckup.com/content/everyday-parenting-handouts#session3) *to find handouts)*
  + 3A Emotion-Coaching Steps, pg. 54
  + 3B Emotion-Coaching Scenarios, pg. 55
  + 3C Emotion-Coaching Tracker, pg. 56
  + 3D Emotion Self-Coaching Tracker, pg. 57
* **Videos to Share** *(check all that apply;* [*click HERE*](https://thefamilycheckup.com/content/parenting-videos#family-relationships-young) *to find videos)*

**Bear videos** *(available in English or Spanish)*

* Play (Younger Child)

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* **Teaching Process for Each Skill Chosen for Session**

*Add notes below from your review of EDP book. Handouts and page numbers are listed to help you, but you will choose which specific activities, scripts, handouts, etc. to use tailored to the parent and family, and based on what matches parent needs and goals.*

* + **Check on Home Practice from last meeting**
  + **Set agenda for session:** Confirm with parent the session goals checked above
  + **Teach**: Consider using relevant video(s) checked above. Explain rationale and benefits and explain emotion coaching steps and emotion coaching don’ts (pgs. 47-49); facilitate parent reflection.
  + **Model**: Consider using video(s) checked above. Consider using scenario in manual for Wrong Way/ Right Way to use Emotion Coaching strategies (pg. 50-51); engage parents in discussion and reflection on using emotion coaching with their child.
  + **Practice**: Have parent pick a scenario to practice emotion coaching (Handout 3B); role play the Dos of emotion coaching with someone such as a friend or co-parent (Handout 3A); tailor to family
  + **Debrief**: Facilitate parent self-assessment and give your feedback on strengths and challenges from the practice; plan for possible barriers to use of new strategies (consider Tips for Success at Home, pg. 52-53)
* **Home Practice**
  + Homework Options: Practice emotion coaching steps at home (Handout 3C) and pay attention to and track emotions that come up during this home practice (Handout 3D)
  + Tailor home practice to child, parent and family, including cultural and general context
  + Optional: prep for use of Emoji Tracking Worksheet [Tracking Parent Skills Practice Emojis - English](https://thefamilycheckup.com/sites/default/files/Tracking%20Parent%20Skills%20Practice%20-%20Emojis.docx)
  + Other:
* **Schedule Next Session**
  + Discuss which goal and parenting strategy parent wants to address in next session
  + Plan to enable session to be focused and not distracting, such as arranging for child(ren) to be occupied. See [*Establishing a Focused Environment for Sessions*](https://thefamilycheckup.com/sites/default/files/Establishing%20a%20Focused%20Environment%20for%20Sessions.docx).