

# Emotional coaching tips

Emotions are like waves, so when your tamariki are moving through an emotion, especially a big one, it can be really helpful to imagine what they're experiencing as a wave. Emotions form, grow, peak and subside. This is the natural flow of an emotion.

Here's our tips to support your tamariki using emotional coaching. Over time, this coaching will help your tamariki learn how to best manage their emotions so that they don't feel so overwhelming.

**1** Tune-in to your kid's emotions in the moment.

**2** Recognise these are like a wave and that emotions are normal. Use them to connect to them.

**3** Support them to recognise the emotion too. You might say "I'm wondering if you're feeling ...because ..."

**4** Let them know you understand, and you're there for them.

**5** When things are calm again, (maybe the next day), kōrero about their feelings and what helps them cope and manage.

