



## Child Emotional Coaching

**Establish Effective Communication:** Teach your child to express his or her opinions and needs in a respectful manner by modeling the behavior you want. Speak to your child in a kind but firm tone.

**Have Clear Rules:** Be clear with your child about what is appropriate at home and school. Let him or her know that they are open to hearing them out if they feel like a rule is unfair, as long as your child speaks respectfully. Some rules are non-negotiable.

**Keep Instructions Brief:** It is important for a child to feel like his or her thoughts and emotions are being heard and that his or her parents care about them but too much information can overwhelm them and he or she will likely not remember information for next time.

**Be Consistent:** Consistency ensures his or her does not learn the rules do not mean much, do not need to be respected, and can easily be changed. Rules at home and school should align.

**Follow Through:** Follow through on the consequences of bad behavior

**Have Patience:** Boundary training takes time and he or she will likely need a few friendly reminders before it sinks in that bad or unsafe behavior will lead to a consequence he or she do not want. Practice makes perfect.

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