

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.

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.

Both courses will be running throughout the year. To find out more or to sign up for the next available course please email sw.educationteam@surreycc.gov.uk

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

Our team of EPs are committed to supporting parents and carers so that children and young people are happy and thriving both at school and at home. We offer a range of approaches and interventions aimed at supporting Surrey parents and carers to be the best care-givers they can be!

Telephone hotline for parents

Our telephone hotline runs every Wednesday from 1-4pm and is available to parents/carers should they have a psychological issue or question about their child they feel it would be helpful to discuss with an EP. During the phonecall, EPs will focus on problem solving, providing information and signposting if appropriate. This is not a formal means of referring an individual child to an EP and these consultations about children are anonymous. The following information will be recorded for administrative purposes: school name, age and gender of the child and a summary of key issues causing concern.

No prior arrangement is necessary – simply call into your area telephone number for your area between 1 – 4pm each **Wednesday** as follows:

NE: 01372 833588
SE: 01737 737777
NW: 01483 518130
SW: 01483 517179

If you call and the hotline is busy, business support will take a message for an EP to call you back within 48 hours of your call.

Emotion Coaching training for parents

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](#):

Developing Positive Behaviour through Emotion Coaching:

An approach for parents and carers to use with children and young people (aged 3-18 years).

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.

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.