

## **Further information from Emotion Coaching training**

Suggested resources from Anna Perry:

- 'Helping Your Child with Fears and Worries' by Cathy Creswell
  - For support with anxiety in children
- 'The Whole-Brain Child' by Dan Siegal
  - Further information about 'flipping your lid' and 'name it to tame it.'
- 'The Incredible Years' by Carolyn Webster-Stratton
  - For parents of children with challenging behaviour
- 'The Great Big Book of Feelings' by Mary Hoffman
  - A picture book to help younger children explore their emotions
- 'Kids Want to Know: Why Do we Lose Control of our Emotions?'  
<https://www.youtube.com/watch?v=3bKuoH8CkFc>
  - This is a great video about flipping your lid which is quite child friendly.

How can we Emotion Coach ourselves in order to emotion coach our child = in other words, any tips to calm our brain so to respond in the best way possible and implement the suggestions given?

- Anna Perry's response: It's really difficult! Taking a few deep breaths to calm your fight or flight response. Try to sit with your emotion for a minute before re-engaging with your child. Also recognising that we are not perfect, giving yourself some self-compassion if you notice you've not given an ideal response.
- Anna Perry's response: This 3rd step can be helpful too, especially if a child is exhibiting challenging behaviours. Reminding yourself that when a child has flipped their lid, their thinking brain is not connected to their emotion. The child cannot think logically in that moment and as adults in this we need to attend to their emotional brain first to reconnect their upstairs and downstairs brain.