

Emotion Coaching

Program Details

Classes are taught on Thursday's for one hour.

We offer a class at our Layton facility
934 S. Main St.

5:00—6:00

In addition we hold classes throughout Davis County from

7:00—8:00

Each session will run for six weeks

To find a current listing of available classes, click the register button on the website.

We do not offer childcare for this class.

to register:

Contact Angie Smith

801-773-7060 ext. 502 OR
www.dbhprevention.org

Create a bond with your child for LIFE!



A Program for Parents With Children of Any Age—It's Never Too Late

Successful parenting begins in your heart, and then continues on a moment to moment basis by engaging your children when feelings run high, when they are sad, angry or scared. The heart of parenting is being there in a particular way when it really counts!

Emotion Coaching is a 5-step process that is research-based, easy to learn, and proven effective with children from infancy —adolescence

Parents will learn how to:

- ◆ Understand the importance of Emotional Intelligence
- ◆ Effectively implement the Five Steps of Emotion Coaching
- ◆ Recognize, respond to, and validate what your child is feeling
- ◆ Use emotions as opportunities for connection and teaching
- ◆ Express understanding and empathy.
- ◆ Set clear, consistent limits while helping your child problem solve.
- ◆ Help children improve their ability to focus and increase self-motivation.
- ◆ Improve family and peer relationships

Emotion Coaching is a skill that can be applied to many behavioral challenges that parents encounter with their children and helps build life-long coping skills

