

Classes start on the
dates below and run
for 6 weeks

Emotion Coaching

Thursday, September 6

Davis Behavioral Health
934 South Main Street
5:00-6:00pm

Farmington Elementary
7:00-8:00pm

Thursday, November 1

Davis Behavioral Health
934 South Main Street
5:00-6:00pm

Bluff Ridge Elementary
7:00-8:00pm

Thursday, January 3

Davis Behavioral Health
934 South Main Street
5:00-6:00pm

Whitesides Elementary
7:00-8:00pm

Thursday, February 21

Davis Behavioral Health
934 South Main Street
5:00-6:00pm

Lincoln Elementary
7:00-8:00pm

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

