

Emotion Coaching

A parents bite size
guide – session 1

Reasons why Emotion coaching is such a useful tool to use with young people?

Brain development



- Huge structural changes occurring between the ages of 9-14.
- The thinking brain, the Cortex is at prime development between these times.
- It is a phase of 'pruning' (streamlining brain) connections between emotional and thinking brain. The saying is we strengthen it or lose it. If it is not developed then it can lead to poor connections between emotional and thinking brain and unwanted behaviours.

Fatigue



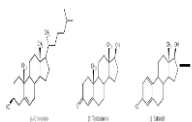
- Sudden burst of growth, especially in the brain and heart.
- Sleep changes. Melatonin, the hormone to induce sleep is naturally released around 1am for those aged about 13. For adults it is around 10pm.

Self-discovery



- Shift in importance of friendships. Some young people experience high conflicts at home, in school and amongst peers.
- Finding out if they are normal then who are they as an individual. Self-comparison can have damaging effects if not handled in the right way.

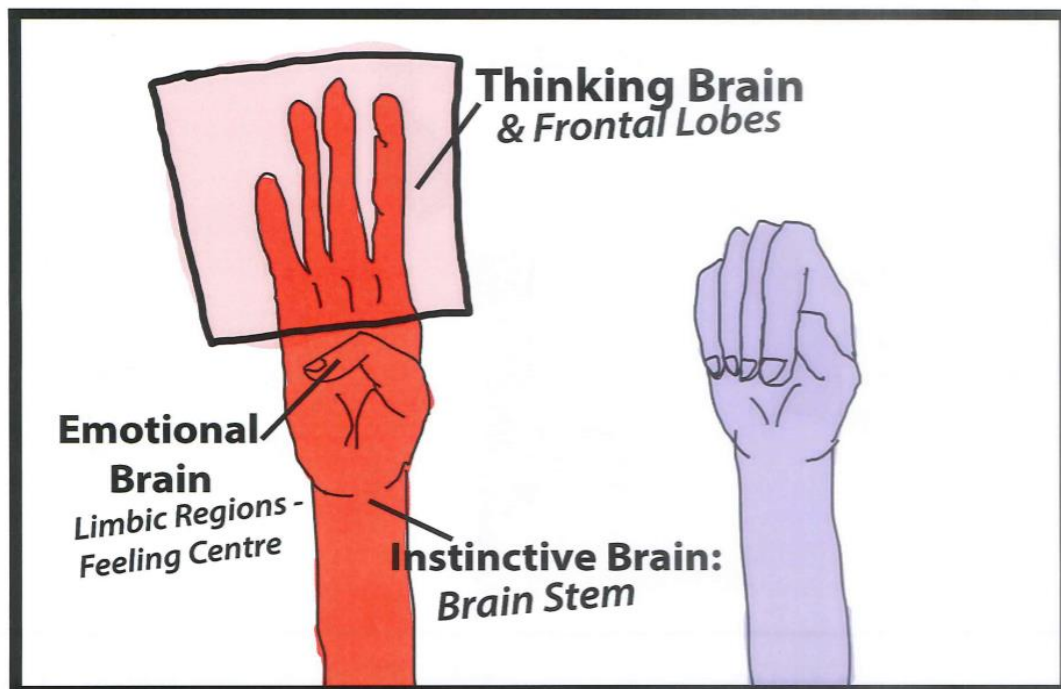
Hormones



- Serotonin & dopamine are higher in young people. This can naturally result in a lower mood.
- Differences in temperament. As a parent/carer you will see this across other young people. It is important to accept that we are all different and that's good! Some will be more reactive and others will be less reactive.



Dan Siegel's Hand Model of the Brain



Daniel Siegel received his medical degree from Harvard University and completed his postgraduate medical education at UCLA with training in paediatrics and child, adolescent and adult psychiatry, studying family interactions with an emphasis on how attachment experiences influence emotions and behaviour. Daniel Siegel explains how the brain works using his hand model of the brain.

- The brain is still developing right up until the 20's– it develops bottom up. Because this is not fully matured connectivity between regions means a slower access to higher brain functions and rational thinking in the teenage years.
- At the age of 11-12 thickening peaks which is a key learning stage for connecting emotions and rational thinking.
- After this connections are hardwired or pruned – 'use it or lose it'. However, emotion regulation can still be learnt, it just becomes more difficult.

- SHARE also teach students the hand model so that they can feel more in control of their emotions/bodies and they can regulate themselves.

At this point you should access a video on YouTube to explain in detail what happens when we struggle to regulate our emotions.
<https://www.youtube.com/watch?v=gM9CIJ74Oxw&feature=youtu.be>

Flipping our lid

- Both young people and adults can use this tool to recognise and if needed communicate when our emotions are rising before we flip our lid. This builds connection. The PERFECT time to emotion coach.
- Remember flipping our lid from time to time is completely normal.
- Often a lot of emotions which are hard for young people to identify such as jealousy, tired, boredom aren't always visible and often hard to communicate and understand. These can build up causing our lids to flip.
- We often regret the way we behave when we flip our lid.

EMOTIONAL AROUSAL and the HAND MODEL OF THE BRAIN



How can we self-regulate?

Over the next week have a go at completing this table for yourself.

When do I 'flip my lid'	How did I behave?	What could I do better next time?
<i>When I have too much to do.</i>	<i>I got frustrated and short tempted with the children and shouted at them.</i>	<i>Deep breathing away from room for a minute or 2. Explain to the children that I had a lot on and felt a bit overwhelmed.</i>

Over the next week have a go at completing this table for your young person.

When do they 'flip their lid'	How did they behave?	How did I respond?
<i>When they were asked to come off the Xbox.</i>	<i>Shouted at me, threw the controller and said "James mum lets him do what he likes".</i>	<i>I got frustrated and shouted back at him to go and live with James Mum. I slammed his bedroom door.</i>

Next week we will look at the five steps of how to emotion coach and try to make some of these difficult situations easier to manage and how you can start to build a connection with your young person.