

Emotion Coaching versus Emotion Dismissing

CHILD: Daddy, I just stubbed my toe

DAD: You'll get over it.

(DISMISSING)

CHILD: Mummy, Sam just hit me!

MUM: Well, what did you do to deserve that?

(DISMISSING)

CHILD: Today my teacher got really mad at me in front of everyone!

PARENT: Oh, that must have been so embarrassing for you!

(COACHING)

CHILD: I don't want Johnny to come over. I hate him!

PARENT: It sounds like something has happened between you and Johnny to make you angry. Can you tell me more about it?

(COACHING)

CHILD: I don't want to go to bed.

PARENT: Tough, Mister. Go to bed anyway

(DISMISSING)

CHILD: Everybody's mean to me at school. I don't want to go.

PARENT: It sounds like you don't like to go to school and feel frustrated with something. What's going on? Come tell me about it.

(COACHING)