




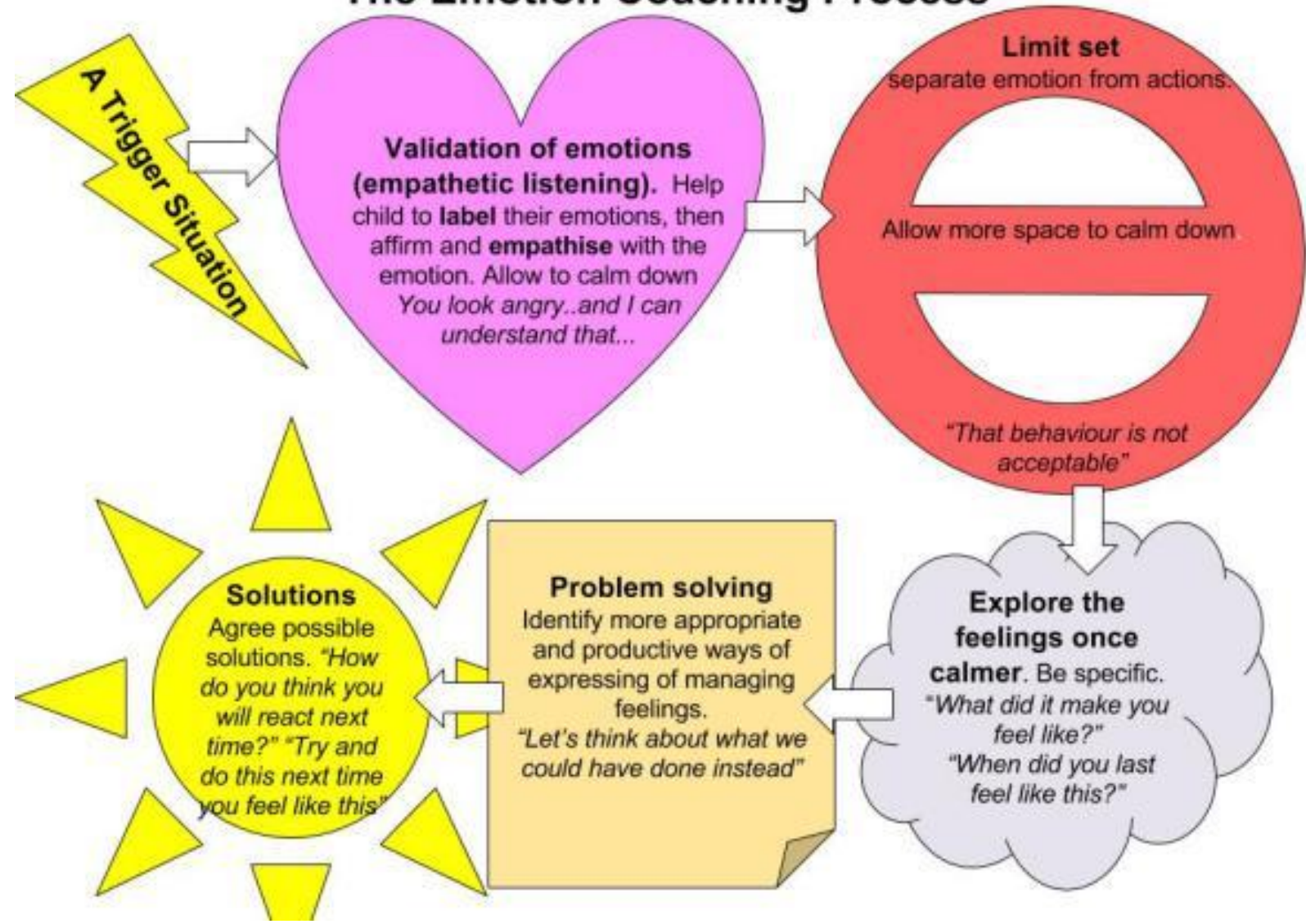


PLACE CHECKLIST: A useful tool in adopting an emotion coaching approach

	How was this achieved or shown?	Impact on Milly's response
<p>Playful- Creating a warm & relaxed environment and/or a warm approach</p> 		
<p>Liking- Showing that you like the young person, regardless of their behaviour or past interactions</p> 		
<p>Acceptance- Accepting negative emotion, whilst not accepting negative behaviour</p> 		
<p>Curiosity- Wondering out loud about how the young person may be feeling</p> 		
<p>Empathy- Showing that you care about what they are going through</p> 		

The Emotion Coaching Process



PLACE: A guide for parents



- **P**LAYFUL – keep the tone light and upbeat, smile, ruffle their hair when you walk past or give them a cuddle for no reason
- **L**OVING – show them you love them, especially when they misbehave
- **A**CCEPTANCE – for who they are, not what they achieve is important for hurt children
- **C**URIOSITY – wonder aloud why a child is behaving in a certain way; “I wonder why you are shouting so much today?”
- **E**MPATHY – let them know you understand what it’s like for them; “I can see this is really hard for you”

