

# Emotions Matter

## How to listen so kids (and anyone else) will talk

Parents sometimes struggle to understand the reasons behind a child's behaviour and can't always determine what is bothering their child. This session explores how parents can boost their child's emotional intelligence. Parents will learn how to listen with more empathy and understanding so that children can express their feelings and deal with emotions more constructively. Particularly in today's society and during the pandemic, where there are increasing concerns about children's mental health, using emotion coaching will enrich communication and the relationship between parent and child.

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## Session Outline

Understanding emotions & the importance of acknowledging feelings

### How to help children develop emotional literacy

Using emotion coaching/ reflective listening to show empathy and understanding

### Practical tools to support children's emotional wellbeing

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## Session Includes

### Personal attention and feedback in an informal atmosphere

An invaluable booklet complete with information covered on the session

### Opportunity to ask questions



### Facilitator: Rachel Vecht

Trained as a primary school teacher at the Institute of Education in London and taught in both the state and independent sector. She has also worked as a University mentor and lecturer to student teachers.

In 2001, she founded Educating Matters, in addition to becoming a mother to 4 children. She has supported and guided tens of thousands of working parents in the corporate and public sector globally.

She also delivers online parenting courses, speaks in schools, offers one to one consultations to parents globally and comments on parenting for the media, podcasts and blog posts.