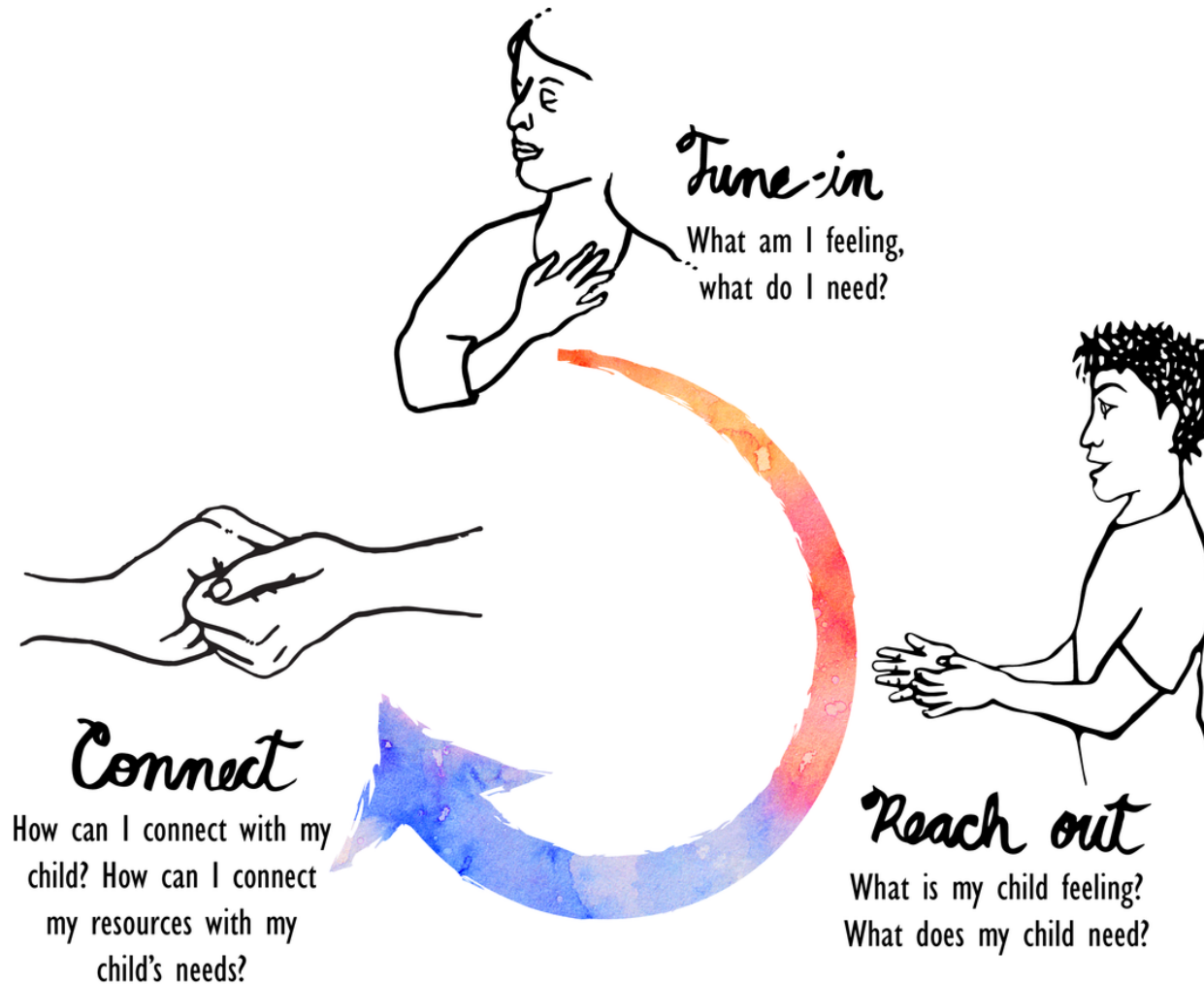




# “Let’s Connect” - The Steps



“Let’s Connect” Slides from Monica Fitzgerald, PhD,  
University of Colorado at Boulder – Institute of Behavioral Science.



# Emotion Support



- Validate
- Empathize
- Normalize
- Be present



Image Credit: The Royal Society for the Encouragement of Arts, Manufactures & Commerce



Image Credit: Disney Pixar



# Emotion Coaching



- Extending Children's Understanding of Emotion
- Coping Strategies
- Problem-Solving





# Emotion Support Traps

OOPS!

- Trying to “fix” too soon
- Minimizing *“It’s not a big deal. You’ll be okay. Don’t be so upset.”*
- Silver linings *“At least...”*
- Judgmental questions or tone *“You were mad!?!?”*
- Doubt/Disbelief *“You really felt sad about that!?”*
- Invalidating Body language *Rolling eyes, shaking head, arms crossed*
- Hanging out to dry *No response to a child sharing important feelings*
- Criticism/blame *“Maybe if you hadn’t \_\_\_\_\_, you wouldn’t feel so sad”*