



Emotion Coaching for your children

In September all the classroom staff in school had training in **Emotion Coaching**. It is an approach used in many schools to help children to recognise their feelings, and to manage them better. There is a lot of evidence that, over time, emotionally coached children become more able to handle life's "*Ups and Downs*", their behaviour improves, and they do better at school work. They are even less likely to get infectious illnesses!

Since the training, staff have noticed that children are more willing to discuss their emotions when they are struggling and will also try to resolve problems by themselves.

Emotion Coaching isn't complicated to do.

There can be even greater benefits for children when **parent/carers** use Emotion Coaching with their children too.

Liz Bolt (ex SJB governor) gave the training to school staff, and she is now available to offer training to SJB families. The sessions offered are designed to be both practical and fun.

There will be 3 sessions:

Session 1 - Wednesday 18th June at 6-7pm

Session 1 will cover the basics of Emotion Coaching

Session 2 - Wednesday 25th June at 6-7pm

Session 3 - TBC

Session 2 and 3 will be more about talking about how you have got on trying out Emotion coaching with your children, and problem solving the challenges you have had with it. But there will also be some extra tips in those sessions.

(You can only attend sessions 2 and 3 if you have attended session 1.)

The sessions are open to all SJB parents, carers, and grandparents.

They will take place in school.

There will be a creche available if you need child care in order to come.

The sessions are completely free.

If you are interested in attending, but can't attend at the scheduled times, let Mrs Dobson know the days and times you can do, since it may be possible to arrange additional sessions next year if there is enough interest.



Emotion Coaching isn't a magic wand. But it could be really helpful for your child. So do sign up for the training if you are interested.

If you would like to take part or find out more information,
please email Mrs Dobson - ddobson@sjbarrow.cumbria.sch.uk

Please do let us the names of any children that will attend the creche and their ages so we can plan accordingly.

Yours sincerely,

Liz Bolt and Mrs Dobson