

# Emotion Coaching Phrases For Parents



1. It's okay to be upset -- it's good to let it out.



2. I hear you -- I'm here for you -- I'll stay with you.



3. It's okay to feel how you feel. It is not okay to \_\_\_\_\_."



4. How you feel right now won't last forever. It's okay to feel how you are feeling. It will pass and you will feel better again soon.



5. Let's take a breath, take a break, sit down, pause for a minute...