

Emotion Coaching at Nära Nurseries

At Nära Nurseries, we recognize the importance of nurturing emotional security in children from a young age. One of the core approaches we use to achieve this is Emotion Coaching. This method helps children to understand their emotions, develop healthy coping strategies, and build strong, supportive relationships.

What is Emotion Coaching?

Emotion Coaching is a research-based approach developed by the American psychologist John Gottman. It is designed to help children identify, understand, and explore their emotions in a supportive environment. This approach fosters emotional awareness and regulation, two essential skills that children need as they grow.

The Emotion Coaching approach involves guiding children through their emotions, whether they are feeling happy, sad, frustrated, or angry. We help children to understand their feelings, express them in appropriate ways, and develop problem-solving skills to manage difficult situations.



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How We Use Emotion Coaching at Nära Nurseries

At Nära Nurseries, our team are trained in using the Emotion Coaching approach with our children at all times, during both structured activities and informal moments. This method is seamlessly integrated into our interactions with the children, and is particularly beneficial during times of heightened emotion or any conflict which might arise between children.

We help children to recognise and label their emotions. For instance, if a child is upset, we may say, "I can see that you're feeling sad because your toy was taken away." By validating their feelings and offering a calm response, we teach children that all emotions are valid and can be managed with care.

The Benefits of Emotion Coaching for Children

1. Emotional Regulation

Emotion Coaching helps children learn to regulate their emotions in a healthy way. Instead of suppressing their feelings or reacting impulsively, they begin to understand their emotions and manage them effectively.

2. Increased Emotional Intelligence

By identifying and discussing emotions regularly, children become more emotionally aware. This emotional intelligence supports them in navigating social situations and building better relationships with their peers and adults.

3. Resilience and Problem Solving

Learning how to process emotions rather than avoid them builds resilience. Children are better equipped to face challenges and solve problems, as they learn that emotions are a normal part of life that can be managed.

4. Healthy Relationships

Emotion Coaching emphasizes empathy and understanding, which are key components of forming supportive relationships. Children who are taught this approach are more likely to engage in positive social interactions and demonstrate empathy towards others.

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5. Reduced Behavioural Issues

When children are able to express their emotions constructively, we often see a reduction in behavioural issues. Emotion Coaching equips children with the tools they need to manage frustration, anger, or sadness without resorting to undesirable behaviours.

Involving Parents: Learning Emotion Coaching at Home

At Nära Nurseries, we believe that children benefit most when there is consistency between their experiences at nursery and at home. This is why we actively involve parents in the Emotion Coaching process.

We provide our families with resources, tips, and techniques on how to use Emotion Coaching with their children at home. Through information sharing, we ensure that parents understand the basic principles of the approach and can practice it in everyday situations.

Why Emotion Coaching Matters

Emotion Coaching is about more than just managing emotions – it's about helping children develop a deep understanding of themselves and others. By embracing their emotions and learning to express them in a healthy way, children become more resilient, empathetic, and socially adept. At Nära Nurseries, we are committed to supporting each child on this journey, and we are proud to partner with parents to extend this learning beyond our doors.

