



Emotion Coaching: The Heart of Parenting Video Program

By The Gottman Institute, Dr. John Gottman and Dr. Julie Gottman

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Good parenting begins in your heart, and continues on a moment-to-moment basis by engaging your children when feelings run high, when they are sad, angry or scared. In short, the heart of parenting is being there in a particular way when it really counts. This Video Program is based on 20 years of research by Dr. John Gottman and was written and presented by Drs. John and Julie Gottman. Emotion-coached kids become emotionally intelligent people. They are better able to: Control impulses and delay gratification . Soothe themselves when upset . Calm their heart rate faster, which leads to less infectious illnesses . Focus attention . Motivate themselves . Relate to other people . Perform better academically . Cope with life's ups and downs

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- Rank: #171119 in Books
- Published on: 2013
- Binding: Hardcover-spiral
- 114 pages

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