PRINTABLE CHECKLIST

Parenting by Science

Peer-reviewed parenting research, explained in plain English.

Does Gentle Parenting Work? A Look at the Evidence

From the paper: Chan, et al. (2024). "Incorporating emotion coaching into behavioral parent training program: evaluation of its effectiveness." Child Psychiatry & Human Development. DOI: 10.1007/s10578-022-01402-y

Your checklist — tick each box with a pen

- [ ] Name the feeling: notice your child's emotional state and say it out loud, calmly — "I can see that you are feeling incredibly frustrated right now."
- [ ] Empathise: show that the emotion makes sense to you — "It makes complete sense that you are angry. It is really hard to stop playing when you are having so much fun."
- [ ] Hold the limit: set the boundary clearly and confidently, and don't back down — "Even though you are upset, it is time for dinner now, and the toys need to go in the basket."
- [ ] Validate the feeling AND keep the rule — high warmth and strong, predictable rules, at the same time

The takeaway: The part of gentle parenting with a trial behind it is emotion coaching: empathy that helps the child settle, and a firm limit that teaches.

General information only — this sheet explains one study and isn't advice for your specific child.