22qMinded

Feelings in Focus

UNIVERSITY OF NEWCASTLE

WHEN WE CONNECT FIRST, BIG FEELINGS FEEL SMALLER

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Why Focus on Emotion Coaching?

Emotion coaching teaches children how to understand, manage, and express emotions, building resilience over time — not by removing big feelings, but by helping them navigate them with confidence and connection.

Children with 22q often have:

- Heightened emotional sensitivity
- Difficulty recognising and shifting emotions
- Increased anxiety and “stuck thoughts” that intensify distress

Foundation Australia & New Zealand

Feelings in Focus: What It Is

- A 6-week online program to empower parents of children with 22q
- Builds emotional awareness and practical emotion-coaching skills
- Strengthens parent–child connection and co-regulation
- Designed for families supporting children with 22q-related conditions

Because when parents understand feelings, children feel understood.

Learning goals across 6 structured sessions

- Understanding emotional development in 22q
- Behaviour as communication: unmet needs beneath behaviours
- Parent emotional regulation & the Big Sigh technique
- Validation and empathy to build trust
- Strengthening connection through shared presence
- The 5-step emotion coaching model for long-term resilience

Emotion coaching doesn’t fix feelings — it helps children grow through them.

Pilot cohort

- 7 caregivers participated
- Children aged 2–15 years
- 100% 22q11.2 deletion diagnosis
- Multi-child households, some with grandparents
- Dual caregivers, but caregiving load mainly on one parent
- High care + work demands
- Limited external support

High emotional load

- Exhaustion from daily meltdowns and escalation cycles
- Constant worry and feeling “on alert”

Limited support

- Minimal professional or family help
- Juggling multiple children’s needs without backup

Behavioural intensity

- Outbursts, stuck thoughts, and sibling conflict affecting the whole household

Environmental pressures

- School transitions and major life changes increasing stress

These families are caring for children with significant emotional needs while navigating high parenting load and limited support.

Feedback

- Parents strongly endorsed program quality:
- 4.75 / 5 – overall quality
- 4.75 / 5 – presenter engagement

Confidence & Expectations

- 100%: “Yes, I can apply what I learned at home”
- 75%: Program exceeded expectations
- 25%: Met expectations

Tools felt useful, relevant, and immediately applicable

What Parents Found Most Helpful
Qualitative feedback highlights:

- “Finally something that understands 22q.”
- Realistic tools for emotional storms
- Peer connection and shared lived experience
- Increased confidence in supporting big feelings

These families are caring for children with significant emotional needs while navigating high parenting load and limited support.

What Parents Say

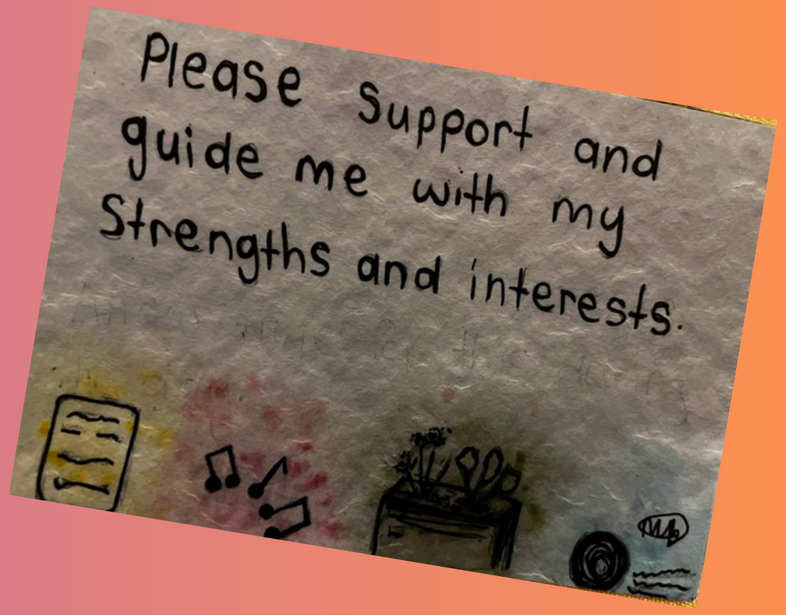
Interacting with other parents... the feeling like we’re not alone.

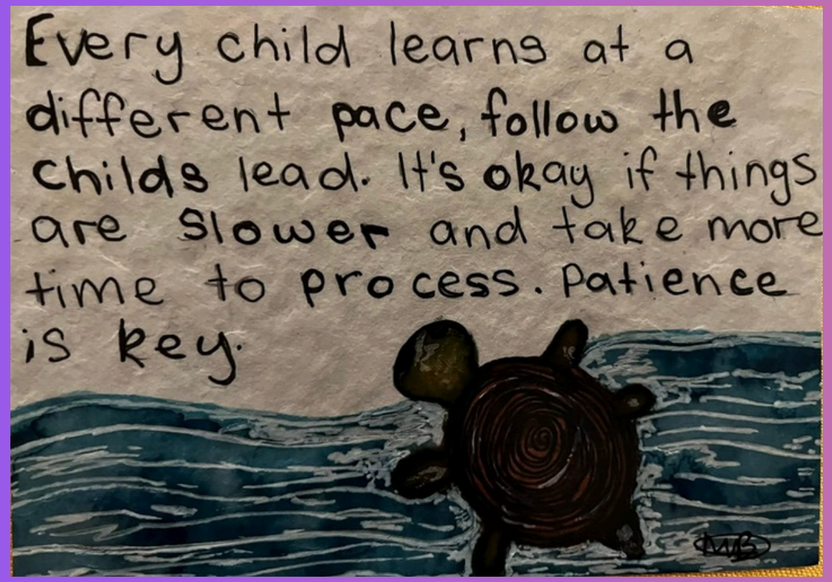
It helped not only my 22q child, but my other neurodivergent kids too

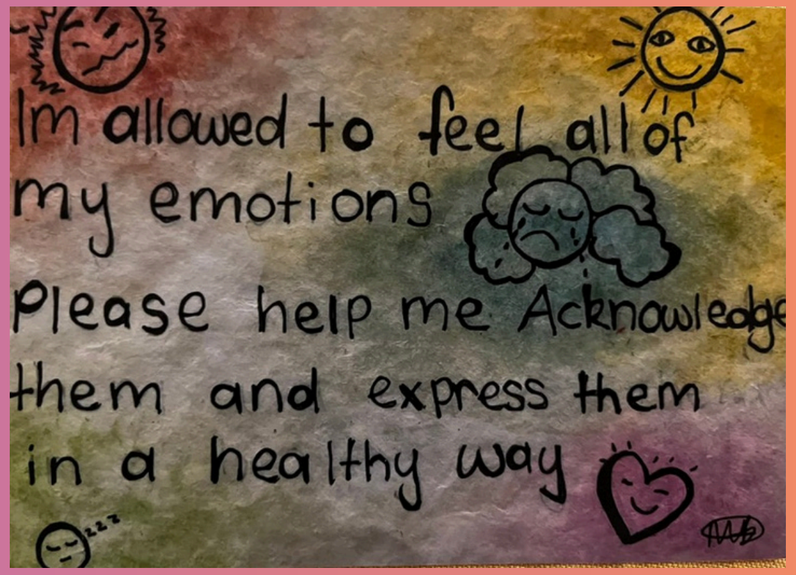
It was so relevant — we can use this every day.


Its okay to take time for yourself and ask for help.
Self Care
you cant help others unless you meet your own needs first


Acknowledge
Connect
Environment


Please support and guide me with my Strengths and interests.


Every child learns at a different pace, follow the childs lead. It's okay if things are slower and take more time to process. Patience is key.


Im allowed to feel all of my emotions
Please help me Acknowledge them and express them in a healthy way

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Join Us in 2026!

Because when parents understand feelings, children feel understood.

- Expressions of interests are welcome now
- Join us online from anywhere