

Community Education Service

Little kids and Big Feelings

Presenters: Chastity Plamondon MSW, RSW &
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Early Childhood & Perinatal Mental Health Program, AHS

Thursday June 7, 2018

6:30 pm - 8:30 pm

Sign in: 6:15pm

Family Connections Parent Link-Huntington Hills
520 78 Ave NW-Top Floor

Session is
FREE of
charge/
Parking fees
may apply

Register: <http://community.hmhc.ca/>

For more information: email ces@ahs.ca or call (403) 955 - 4747

Guiding our children through their big feelings, responding to tantrums, and managing difficult behaviors can challenge all parents. Come hear about the Brain-body connection that helps children develop the skills of emotion regulation. Understand more about why children lose control of their emotions, what it means to 'flip your lid', and the role of parents in helping kids with feelings. Learn skills you can teach your children, and use yourself, to help your child manage big feelings. We will use a combination of videos, discussion, and practice. This presentation will cover children pre-school through to school-age.

Level I: This session presents an overview of emotional regulation and would best meet the needs of families and/or professionals with little to no knowledge of, or experience, with this topic.