

## Community Education Service



*Improving emotional health and well being*

# Avoiding Power Struggles with Preschoolers

Laurie Florence, Facilitator, Families Matter

Power struggles are a natural and normal part of a child's development as they explore their autonomy and independence. Children learn many skills from parents who handle power struggles with positive actions. This can be very challenging for parents, however, especially when working with their preschoolers.

In this session we will discuss how parents can diffuse these struggles and use tools to create more connection and cooperation.



**Nov 16, 2022**  
**6:30-8:30pm**

Click here to  
register

**FREE**

online event

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This session is presented by the Community Education Service of the Mental Health & Substance Use Collaborative & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services & **Families Matter**.