

Community Education Service



Improving emotional health and well being

Avoiding Power Struggles with Preschoolers

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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

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