COMMUNITY EDUCATION SERVICE

Improving emotional health and wellbeing

Big Feelings, Everyday Play: Helping Children Build Emotional Regulation

Tanya Keto (MEd, R.Psych) and Carmen Dominguez, (MEd, R. Psych)

AVERY Family and School Psychology Services

Wednesday Dec 2, 2026

1:00 - 3:00 PM

Participants will learn how play supports emotional regulation by giving children opportunities to navigate frustration, excitement, disappointment, and uncertainty while building flexibility and problem-solving skills.

We will examine different forms of play, the importance of child-led exploration and autonomy, and the role of caregiver connection in helping children feel safe and supported as they experience strong emotions. Building on this foundation, adults will learn practical strategies to create intentional, child-led play opportunities, follow their child's lead, recognize and respond to emotions, support autonomy, and stay aware of their own emotional responses.

Session is aimed at parents/caregivers of children aged 4-8 years old

Click here to register

Mental Health Collaborative | Recovery Alberta

ces@recoveryalberta.ca | http://community.hmhc.ca | 403 955 4730