Recovery Alberta

Rocky Mountain Psychological Services

COMMUNITY EDUCATION SERVICE

Improving emotional health and wellbeing

Beyond "Bad Behaviour": Understanding What Children Are Really Telling Us

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Rocky Mountain Psychological Services

Tuesday Dec 1, 2026
12:00 - 1:00 PM

In this practical and engaging presentation, an experienced child psychologist will help parents and caregivers look beyond the behaviour they see and consider the developmental, emotional, and situational factors that may be influencing it. Using everyday examples and interactive scenarios, participants will learn ways to respond with greater understanding while still maintaining appropriate expectations and boundaries.

Participants will come away with:

- A better understanding of why similar behaviours can have very different causes.
- Practical ways to think about what may be happening beneath challenging behaviour.
- Strategies for responding to anxiety, overwhelm, avoidance, and power struggles.
- Ideas for balancing empathy and connection with healthy limits and expectations.
- Questions they can ask themselves when familiar parenting strategies just aren't working.

No perfect parenting required. The goal is to help parents and caregivers become more curious, confident, and flexible in understanding and responding to the child in front of them.

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