

PARENT TALK
A SIMPLE GIFT – EMOTIONAL SELF - REGULATION
For parents of children from birth to 12 years of age

Positive Parenting

Negative emotions (e.g. anger, sadness, fear, jealousy) and the difficult behaviours that may follow (e.g. temper tantrums, whining) are normal in young children.

Not learning to manage negative emotions in the early years may result in later problems.

Join us to share, learn and gain important tools and strategies to help support children and strengthen their self-esteem, build resiliency and confidence!

To register or for further information contact:

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Parents, Grandparents and Caregivers are invited to attend!

Topic: A Simple Gift – Emotional Self – Regulation

This session will provide information and practical strategies to help families learn about:

- What is emotional regulation
- Long term implications of negative emotions
- The importance of learning about your child's unique temperament, strengths and areas of improvement
- Triggers that set off emotions
- The 8 principles of emotional regulation and how you can teach your child to identify and cope with their feelings

Location: Brownridge Public School

Date: Thursday, April 18, 2019.

Time: 6:30 p.m. – 8:30 p.m.

Facilitator: Uma Bhatt,
York Hills Centre for Children, Youth and Family

REGISTRATION IS REQUIRED

This free Parent Talk is brought to you by Brownridge Public School in partnership with York Hills Children, Youth and Family Centre and York Region District School Board.

