

PARENT PRESENTATION
SIMPLE GIFT: EMOTIONAL REGULATION
For parents of children from birth to teens

Parents, Grandparents and Caregivers are invited to attend!

Let's Talk About It!

Emotional regulation, sometimes called self-regulation, refers to the way we deal with big feelings like anger, excitement, frustration, anxiety, jealousy or low mood.

Improved emotional regulation leads to benefits in all areas of a child's life. They are better able to resolve conflicts with their peer, show lower levels of physiological stress and achieve more in school.

Join us to share, learn and build a school culture where mental health and well-being is valued and promoted.

To register for this session please contact:

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Topic: Simple Gift: Emotional Regulation

This session will provide parents with information 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: Bayview Glen Public School
42 Limcombe Drive L3T 2V5

Date: Thursday, February 6, 2020.

Time: 7:00 p.m. – 9:00 p.m.

Facilitator: Uma Bhatt, R.S.W.
York Hills Centre for Children, Youth and Families

This free Parent Presentation is brought to you by Bayview Glen Public School in partnership with York Hills Centre for Children, Youth and Families and York Region District School Board.

