

Self-Reg Parenting:

Understanding Children's Stress and its Impact on Behavior, Mood, and Wellbeing



Presented by Dr. Susan Hopkins
Executive Director
The Mehrit Centre

Are you the parent of a young child? Please join us for a free and informative evening!

Today's children are dealing with higher levels of stress than in past generations. This presentation introduces parents to Self-Reg, a powerful method for understanding and responding to their children's (and their own) stress, energy and tension. Topics covered include:

- the impact of excessive stress on children and adults
- the importance of relationships for good parenting
- the difference between stress behaviour and misbehaviour
- how parents can use Self-Reg strategies to understand and respond to children's stress

TO REGISTER

Call:
780-464-8209
Leave a message

Or email:
Sue.Bennett@strathcona.ca

Tues. Sept. 26
6:30 - 8:30 p.m.

Meeting Room 3
Community Centre
401 Festival Lane
Sherwood Park, AB