

HOW TO HELP CHILDREN DEAL WITH “BIG FEELINGS”

WEBINAR



WHEN 5TH OCTOBER 6PM - 7PM

WHERE ONLINE VIA A ZOOM MEETING

HOW TO JOIN [HTTPS://WWW.MOVE-MORE.ORG/EVENTS/BIG-FEELINGS/](https://www.move-more.org/events/big-feelings/)

Meltdowns after school. Temper tantrums in the supermarket. Angry outbursts as you are trying to leave playground. Crying over teeth brushing. Frustration because they didn't win. Big feelings that come out in BIG ways and problems with regulating emotions and behaviour.

All children experience being overwhelmed by “big emotions” – this is developmentally appropriate. However, some children experience this a bit more acutely and strongly than others. They might get frustrated more often, become angry quicker, cry or laugh more intensely than other children.

If you'd like to find out more about how to teach your child to calm these emotional storms our next online session is the right place for you.

During the webinar we will be:

- Exploring how to help ourselves with own self-regulation so that we can then help our children;
- Discussing how to help children become more regulated and plant the seeds of self-regulation;
- Looking at how our lifestyles impact our ability to deal with “big emotions”; and,
- Sharing tools to help you empower your child to better manage their “big emotions”.



ONLINE REGISTRATION

[HTTPS://WWW.MOVE-MORE.ORG/EVENTS/BIG-FEELINGS/](https://www.move-more.org/events/big-feelings/)