

Community Education Service



Improving emotional health and well being

Emotional Regulation A Guide for Parents and Educators on Supporting Emotional Development

Lisa Kaldenbach, M.A., Registered Psychologist
Ashlee Ellerbruch, M.C., Registered Psychologist
KidsConnect Psychology

Emotional regulation plays a fundamental role throughout the lifespan. Supporting your child's regulation needs and emotional development in early childhood is an investment for later success. Strong self-regulation predicts better performance in school, relationships with others, and fewer behavioural difficulties. In this workshop, we will explore how children's brains and bodies function in times of distress and how to support those big emotions. We will discuss a variety of strategies that will help you manage those tricky moments and walk away feeling more confident when supporting your child's big feelings.

FREE WEBINAR

Tuesday, October 19, 2021
6:30 - 8:00 PM

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This session is presented by the Community Education Service of the Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services in partnership with **KidsConnect Psychology**.