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# Free parent education workshop

for parents of children 5 to 10 years

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## Fostering self-regulation in children: A practical approach for parents

This workshop is designed for parents of children with self-regulation issues. As parents, it is not always easy to know how to respond to our children when they have tantrums, meltdowns, oppositional behaviours, and difficulty focusing. It can also be challenging to have conversations with our children about their emotions and experiences.

Zones of Regulation, a program which utilizes child-friendly language to refer to emotions, will be discussed, and practical tools and strategies will be shared.

Presented by Vithurry Sivaloganathan, OT Reg. (Ont.),  
Occupational Therapist

Registration is required and child care is available.

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**Wednesday, Jan. 22, 2020**

**6 to 7:30 p.m.**

114 Maitland Street, Toronto  
SickKids Centre for Community Mental Health

To reserve your spot, email with details

[familiesfirst@sickkidscmh.ca](mailto:familiesfirst@sickkidscmh.ca)

or call 416-924-1164 ext. 2167



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