
Free parent education workshop

for parents of children 5 to 10 years

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

**Monday, March 25, 2019
6 to 8 p.m.**

**114 Maitland Street
SickKids Centre for Community Mental Health**

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 Sarah Ohana and
Vithurry Sivaloganathan, OT Reg. (Ont.)
Occupational Therapists

**Registration is required and
child care available**

To reserve your spot, email with details
familiesfirst@sickkidscmh.ca
or call 416-924-1164 ext. 2167



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