



presents

Finding Self-Control:

Responses to Children's Emotional and Physical Outbursts

FREE

For Parents of Kids 18 Months- 10 Years Old

Thursday, February 22nd

6:00-7:30 pm

at Normandy Park

2482 East County Rd. F



Jenny Hanlon, M. Ed.,
*Teacher, Consultant,
Coach & Author, Certified
Professional Coach, Certified
Youth, Parent &
Family Coach*



Children's negative behaviors can be downright frustrating and overwhelming. When children lose control emotionally or physically, we're often unsure of what to do. Many times we end up reacting negatively, which only increases the behavior. Deep down we know we need to teach the child how to react differently in the future, but how do we do this?

Come for a discussion on the different Stages of Control children go through when emotionally stressed and what we can do to help teach our children how to find greater self-control.

Sibling Care is Available \$5 per child with a \$10 max. per family

Register at www.whitebear.ce.eleyo.com