



Support your child's emotional development.

Finding it challenging to help your child with strong emotions – and staying calm yourself? Are you a worrier? Do you have a child who worries? Are you keen to learn more strategies to help your child with their emotions?

Parents and children worry about many different things. Being a parent is a complex and constantly changing task. Learning to cope with strong emotions can be a real challenge, not only for children but also for parents and families. Learning some practical skills to support yourself and your child can make a significant difference to a family and can help empower children to have a sense of control in handling their own emotions.

Join our relaxed and informative seminar covering:

- Understanding how your child's brain works
- Practical strategies to help you and your child to feel more connected and engaged including self regulation and managing strong emotions
- Responding to your child's emotional needs
- Where to go for more information and help and take home material

This engaging and interactive seminar is targeted at parents of children from pre-school to primary aged.

Seminar Details:

DATE: Monday 18 th November

TIME: 7-8pm

LOCATION: Keilor Heights Primary School, Ronald Grove East Keilor

COST: \$6 (Plus Eventbrite Booking fee)

PRESENTERS: Michelle Roberts and Nicole Ducat

This seminar is the launch of NEST Parenting Services and is provided at a special introductory price, with all tickets sales to be donated to KHPS.



To book your place search **NEST Parenting** on 'Eventbrite' Visit nestparenting.com.au to learn more about our services