

## Parent Webinar

# Emotions Under Control

## A Parent's Guide to Emotional Regulation

**Details:** On Zoom, Thursday 4 September, 6:30pm (AEST)

When our children's emotions run high, it can be challenging to respond in a way that de-escalates the situation rather than unintentionally fueling their frustration or distress. In these moments, our reactions are essential in helping them feel heard, understood, and supported.

In this session, we'll explore:



### Recognising Emotional Cues

How to spot early signs of stress or overwhelm in your child, before they escalate



### Managing Intense Feelings

Use practical techniques to help your child self-regulate and build healthy coping mechanisms



### Fostering Emotional Resilience

Apply Strategies for boosting confidence and healthy coping skills across the whole family.

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