



# MANAGING BIG FEELINGS

## WEBINAR

For Parents & Carers of  
Children in Years F-2



**Big feelings are a part of being human.**

This session is designed to support you to show up in the most helpful way when your children experience big feelings. The goal is for parents and carers to feel more informed and more empowered.

Presented by Carley McGauran,  
psychologist and mother of 3.

### Topics include:

- How to be an emotional coach
- The brain and emotional development
- Understanding meltdowns and how to manage them
- Let's talk anger, anxiety and sadness
- Tips for encouraging your child's self regulation
- Recognising when big feelings may be a concern
- Further resources



**TUES 3 MARCH**  
7.30 PM (60 MINS)



Register to attend live (+ access replay):  
[bit.ly/bigfeelings2026](https://bit.ly/bigfeelings2026)