



## Parent Support Services Society of BC Presents

*PSS RECOGNIZES and RESPECTS all the INDIGENOUS NATIONS, TRADITIONAL LANDS & TERRITORIES that we GATHER, LIVE, WORK & PLAY ON across BC.*

# EMOTIONS IN PARENTING



Emotion regulation is an integral part of thriving children, with their parents and caregivers holding the key to this ability. How can we, as grown ups respond to the flood of emotions from our children when we are taking the heat from their behaviours? How can we co-regulate when we ourselves are feeling overwhelmed? And what can we do to start building our children's emotional capacity and understanding of themselves and others?

### This workshop will cover:

- Emotion regulation and co-regulation
- How to maintain connection in the moment of conflict
- Ways to manage parent/caregiver dysregulation
- Understanding parent/caregiver response to conflict and caregiving style
- Strategies to support children to build their social-emotional skills

**November 22nd,  
2021  
10:00am to 11:30am  
Via Zoom**

**Register: <https://bit.ly/pssworkshops>**

**Or email, [office@parentsupportbc.ca](mailto:office@parentsupportbc.ca)**

In partnership with



information  
children

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