



Parent Support Services
Society of BC

Tantrums in Parenting: 2 to 5 years of age

Join us as we explore how to navigate tantrums, meltdowns and outbursts, and how we can stay connected to our little ones through their big feelings. Together we will learn why children have tantrums, what is taking place developmentally, what happens in the brain, and what are they communicating through their behaviour. We will look at practical strategies of how to provide connection and support for our children (and for ourselves) during these challenging moments.

This workshop will cover:

- How to regulate our emotions first
- Why do children have tantrums
- Understanding child development
- How behaviour is communication
- Understanding big feelings
- Effective Communication
- Tools to calm down
- Strategies on responding to tantrum

Monday, March 21st,
2022

At 10am to 11:30am
Via Zoom

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

Or email, office@parentsupportbc.ca

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

We thank the
Province of British
Columbia for their
financial
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In partnership with:



information
children