



Parent Support Services Presents

# TUNING INTO TEMPERAMENT (0-12Y)

Every child has their own unique temperament. Learning how to tune into our child's personality helps us to work with their specific traits and strengths, rather than in opposition to them. How do we support our "spirited and active" children with organizing their feelings? How do we create a sense of safety for our "cautious" little ones in new situations? Join us as we learn how our personality interplays with that of our child's, and explore strategies in supporting their unique way of being.

## This workshop will cover:

- The 9 different temperament traits
- The importance of attunement
- Focusing on our child's strengths
- Matching our parenting to our child's temperament

## WHEN?

Monday May 30th @ 10:00 AM  
1.5h Session via Zoom

Open to all BC Parents & Caregivers

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

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

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

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