



information  
children

# Tantrums & Meltdowns

Tantrums can be overwhelming for us and our children. Join us as we explore how to provide connection and support for our little ones through their big feelings, keep them safe and set limits without harsh words, and avoid power struggles that cause conflict. We will learn why children have tantrums, what happens in the brain during these difficult moments, and what our children are trying to communicate through their behaviour.

February 28, 2023

Tuesday

10am-12pm

via Zoom

[Sign up](#)



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