



MANAGING DIFFICULT EMOTIONS: Promoting Emotional Regulation at Home

Date: Tuesday, 28th October

Time: 11am - 12pm (GST; Dubai)

This is a 45-min talk, followed by 15 mins for Q&A and discussion.

WEBINAR:

Teaching emotional regulation to children can be challenging for many parents.

Self-regulation skills enable children to identify and manage stressful or difficult situations they may encounter as they transition through their childhood and teenage life. This talk explores how to support children in understanding and controlling their feelings,

ATTENDEES WILL WALK AWAY WITH:

- A range of techniques for supporting children with managing their emotions and behavior in the home environment.
- Self-regulation skills that can be taught to children and used at home, in school and in community environments.

FACILITATED BY:



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