

LWES PTSA presents:
Building Skills for Emotionally Healthy Children
A Class for Parents and Caregivers
with Rebecca Bowen, M. Ed., School Counselor and School Psychologist

6:30-8:30 Wednesday February 29th, 2012
Lake Wilderness Elementary, Library B

As parents and caregivers, we can really struggle when our children deal with strong feelings. At times we just want to bundle them in our arms and protect them from the pain. At other times we really just need them to stop. Stop crying, stop hitting, stop yelling, stop embarrassing me at the store. This class is designed to share ideas for you to help your child manage their strong feelings in healthy ways.

- Understand basic principals about feelings and the connection with our bodies.
- Explore strategies that can help your child (and you) calm down.
- Learn steps in coaching your child through an emotional situation.
- Find resources for further support.