

SPRINGER SCHOOL AND CENTER PARENT PROGRAM

EASING THE TENSION: GUIDING CHILDREN PAST EMOTIONS TO LEARN MORE EFFECTIVELY



Easing the Tension: Guiding Children Past Emotions to Learn More Effectively

- Does your child become easily frustrated or impatient at home or at school, causing tears and meltdowns?
- Are you concerned about their ability to cope with challenging situations?
- Do you spend more of your time *trying to get* your child to complete a task than it *actually takes* once he does it?

Your child's behavior may be due to stress and/or anxiety. This session will help parents tease out the causes of these behaviors and learn practical coping strategies for getting their children past these emotional blocks related to school, social relationships, and extracurricular interests.

October 3, 2018 6:30PM

St. Anthony – Fleming Hall

485 Grand Avenue, Taylor Mill, KY 41015

Call your School Office to RSVP



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