

Young Children: Their Behaviours & Emotions



It can be hard to know how to respond when little children have big emotions. In the absence of understanding of where the upset is coming from, we may respond in ways that make things worse. Also we may find our own strong emotions being triggered.

Children in our care, especially from birth to age five, really need our warm empathic support while they are growing and developing the ability to manage their own emotions. The more we understand the feelings and needs signalled by behaviours then we are better able to respond effectively and appropriately.

Whether we're parents, grandparents, carers, teachers or early childhood educators, as caregivers to children it's also essential to have the skills to effectively manage our own emotions. This workshop touches on neuroscience & NVC in regulating difficult emotions, our own and those of the children we care for. We will have a special focus on infants, toddlers and pre-schoolers.

The Relaxation Centre 15 Sth. Pine Rd.
Alderley Brisbane Qld 4051

\$75. BOOKING ESSENTIAL. Numbers currently need to be strictly limited and we are not taking online bookings.

Phone 07 3856 3733 to register your booking and make payment.



Sarah Callinan & Cate Crombie a mother & daughter team will jointly present this workshop.

Sarah's work focus is on early childhood birth to five. Cate regularly teaches Compassionate Communication (NVC).