

Why do kids struggle?

Self-Regulating through Nature and Play



How can more time in nature help children manage and regulate their emotions?
How can I use play to make self-regulation a fun and natural process for my child?

This session will review some of the fundamental concepts of self-regulation, as well as explore the ways that nature and play can help children establish and maintain a positive and productive “set point” in their social-emotional health. This is the third of four sessions that build on one another. Participants can attend all sessions or any individual session.

Presented by Mike McKay, Director of the Canadian Self-Regulation Initiative and Kiran Sidhu, Director of Supported Child Development, Fraser Valley Child Development Centre.

Thursday, January 18, 2018 6:30pm-8:30pm

**Abbotsford Arts Centre, Banquet Hall (Abby Arts Addition)
2329 Crescent Way, Abbotsford**

This event is free! Register at <https://parentevening3.eventbrite.ca>
For more information call 778-880-8554 or visit www.abbyearlyyears.com
Please note that we have a limited number of child minding spaces available for this event.
To register your child, please call (778) 808-8554.

Who should come?

Parents, teachers, early childhood educators, childcare providers



Save the date for the last session:

Thursday, February 15, 2018, 6:30pm-8:30pm