

MODELING SELF CONTROL

The Early Education Center has introduced a program in your child's class called Kimochis. This program is designed to support children to learn social emotional skills by introducing skills to manage emotions, care for others, make responsible choices and handle challenges.

Parents also play an important role in this learning by modeling self-control. This parent workshop we will take a look at the Kimochis characters and understand ways parents can use these skills in their daily life.

Children's safety and security starts from their attachment with caregivers. Parents connection can support their children to learn how to control their behavior, emotions and attention, pay attention to those around them and learn life skills.

Parenting is not an easy job, so when things start to become heated, our stress and child's stress starts to build. Having a plan before we react can make all the difference in our day.



**EARLY EDUCATION & FAMILY
WELLNESS CENTER
5606 47ST WETASKIWIN**

MARCH 4TH, WEDNESDAY 2020

5:30-7:00 P.M.

CHILD CARE PROVIDED

RSVP by either
Call 780-352-0224
text 780-312-8035

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