PARENT GUIDANCE.ORG
MENTAL HEALTH RESOURCES

join our Mental Health Series

Emotional Regulation: Strategies to Replace Negative Emotions



Helping your children learn to manage their emotions gives them a life-long skill to use over and over as they grow to maturity. It can also reduce the stress in your household!

Course Created by:
Brett Williams, LMFT

Discover practical steps to help your child manage their emotions.

This session covers the following:

- Practice...Practice...Practice
- Learn the importance of quiet time
- Implement changes now, their appreciation will come later
- Be mindful of the language we use with our children—be positive
- Understanding punishment vs. rewards

Additional Resources...

Instant Insight Trailers

Key Takeaways

Deep Dive Recordings

Upcoming Live Sessions

bitly

Where, When, How, and What you need.