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Taming Your Child's Tantrums

Why Tantrums Happen and How You Can Help

Two Night Workshop

For Parents of kids ages 3 - 12 years

When: Tuesday, May 11 and 18, 7-8:30 pm

Where: Virtually through Zoom

Cost: \$150 per parent(s)

Register at workshop@possibilitiesclinic.com

Space is limited to 25 participants to allow for questions and discussion

Register by April 25 for discount price of \$130

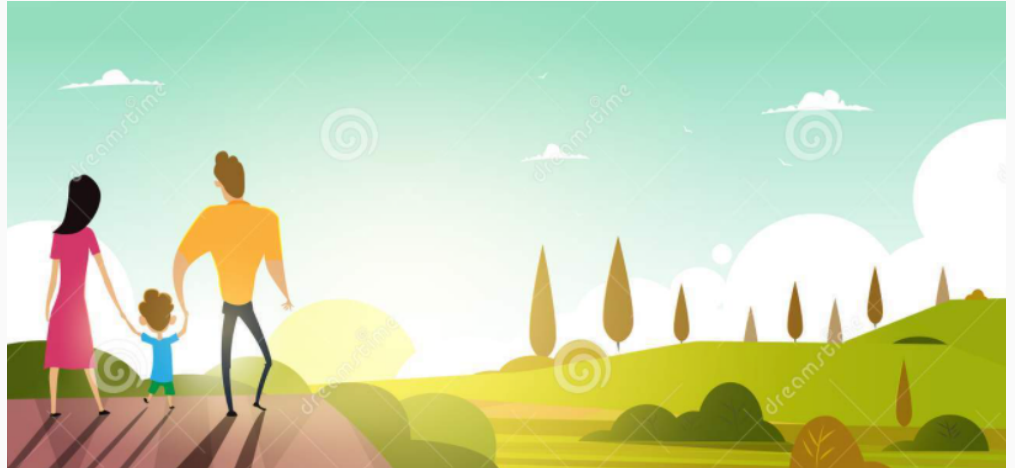
Dr. Jill Shuster and Dr. McKenzie Vanderloon will explain why kids have tantrums, how you can become a better predictor of tantrum triggers, how to navigate the Tantrum Cycle, and ways you and your child can achieve calm after distress.

BONUS: You'll learn some optional cool crafts you can do with your child to help build calm-down strategies and resilience!

HINTS

Tantrums are inevitable as children develop!

Challenges are necessary ingredients for resilience, so you can't take all frustrations away!



Week 1: Tuesday, May 11, 2021, 7-8:30 pm

- Why kids have tantrums
- What is happening in the brain when tantrums occur and what the behaviour is telling you
- What your child's brain needs from you to cope better with big feelings
- The best time to problem-solve and teach new coping skills

RESOURCES

You'll receive your own Taming Tantrums Tip Sheet filled with the strategies we've discussed.

Week 2: Tuesday, May 18, 2021, 7-8:30 pm

- Concrete steps to follow during tantrums to help ease your child into calm
- How to prepare your child for challenging situations
- Practical strategies to help children understand big emotions and coping skills
- How to teach your child to take on challenges and cope with big emotions

About the Presenters



Dr. Jill Shuster is a clinical and school psychologist at the Possibilities Clinic and at the Toronto District School Board. She is also the mother of two young children. Just like everyone, Dr. Shuster can feel frustrated and upset at times. Her top strategies for coping with big feelings are going for long nature walks (yes, she returns home...) and giving or getting big hugs. Dr. Shuster loves working with children and parents to help them find their own favourite strategies for resilience that build on strengths. Dr. Shuster has given lectures and workshops to parents and teachers in school and community settings. She looks forward to your questions, experiences, and insights in this interactive workshop.

Dr. McKenzie Vanderloon is a clinical and school psychologist in supervised practice at the Possibilities Clinic. She works with children, teens, and parents to figure out how they can feel their best at home and school. In the last few months, Dr. Vanderloon successfully completed her PhD program in Clinical Psychology at the University of Western Ontario. In the last few weeks, she wrote a very tough exam as part of her continued professional training. Dr. Vanderloon embraces challenges and keeps running towards new ones—especially ones that are hard! When she is feeling overwhelmed, she spends time with her dogs and reminds herself that emotions are like waves—they come and go. Being resilient—for big dreams and daily tasks—means learning how to surf!

