

Behaviour as Communication: Supporting Emotional Regulation



Mental Health Support Team (MHST) Workshop

OBJECTIVES

- Understand why children display challenging behaviours.
- Learn about the link between emotions and behaviour.
- Gain strategies to help children regulate and manage frustration.

TAKEAWAYS

- Behaviour is often a sign of unmet need, not defiance.
- Co-regulation (staying calm yourself) helps children self-regulate. Positive reinforcement is more effective than punishment.

November
12th



12-1:30pm or
7-8:30pm

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