



PARENT TRAINING

Support Your Child with Co-Regulation and Self-Regulation Strategies

During this session, parents/caregivers will learn how trauma and stress affect our brains and nervous systems. We will share practical strategies for helping children with self-regulation and co-regulation skills (assisting children with de-escalating their behavior). Strategies and activities will also be provided to assist parents/caregivers in dealing with their own stress as well.

Delaware Valley HS Learning Commons
Wednesday, Feb. 5th - 6:00 pm - 8:00 pm

Call Barbara at 570-296-1810 or email bsudano@dvsd.org to register. Babysitting services provided if registered by Friday, Jan. 31st. Questions? - Email Dr. Diana Bixby at dbixby@dvsd.org