

Keeping Your Cool

Behavior Management Skills for 2nd to 5th Graders



Our worlds have been turned upside down the over the last few months.

Our changed circumstances are seriously challenging our kids and significantly impacting their behavior & emotions. Families are feeling overwhelmed and need support and solutions for living this new normal.

Our family experts are here to offer support and to teach your child applicable behavior management and emotion regulation skills & strategies.

Children often have trouble self-regulating, especially when they become upset. In our fun and interactive group, children will learn skills to manage their emotions better.

- ❖ Emotion Identification & Expression
- ❖ Identifying Triggers
- ❖ Identifying the Size of their Anger Reaction
- ❖ Modifying Thinking Strategies
- ❖ Calming Tools

Parenting a Strong-Willed Child is the parent companion for this group. Families may register for one or both of the groups.

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