



# Meeting Street

## ***Meeting Street Training Institute***

**JEANINE K. FITZGERALD**

### **TEACHING SELF-REGULATION TO YOUNG CHILDREN**

Self-regulation is a complex set of skills that exert influence over internal sensations and states. These skills are necessary for consistent performance, behavior and school readiness. Without them, a child may experience a life of chaos characterized by explosiveness, violence, anxiety, substance abuse, impulsivity, hyperactivity, distractibility or mood disorders. This skill development begins at the point of conception and continues into the late twenties. This session examines self-regulatory functions through a developmental lens and offers proven strategies to develop and strengthen them.

**Tuesday, May 26, 2020 – 4:00 PM to 6:00 PM**

**Location: Zoom Training**

**A FREE workshop**

Register at: [Samaral@meetingstreet.org](mailto:Samaral@meetingstreet.org)

Prior to the training you will be emailed the Zoom information.

This training is made possible by Bristol County Savings Bank



Questions: Contact Sonia Amaral RCP Coordinator

[samaral@meetingstreet.org](mailto:samaral@meetingstreet.org) or 508-728-8644

