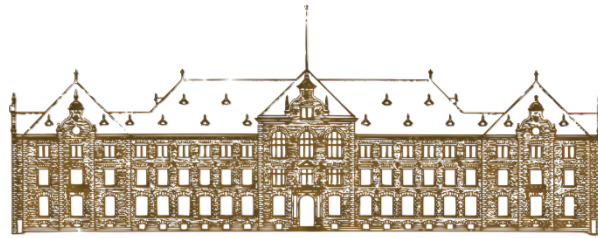


Irvine Family Resource Center and IUSD Prevention and Intervention Presents

PARENT UNIVERSITY



WHY DO I GET SO ANGRY AND FRUSTRATED WITH MY CHILD?

Led by **Cheri Wood**

IUSD Parent Education Specialist and Current Life Skills Teacher

Do you feel like your emotional circuits are overloaded? Learn techniques to sidestep power struggles and drama.

- ❖ *Do you have pre-conceived notions of what they should be like, or how they “ought” to respond?*
- ❖ *Feelings of inadequacy are motivations, but what can you do?*
- ❖ *Do you feel like you don’t connect? (Good parents aren’t perfect).*
- ❖ *Every child is unique, there are no manuals. What’s best?*
- ❖ *Children learn Emotional Regulation by watching you, NOT by what you tell them.*

Thursday Evening 6:00 p.m. – 8:00 p.m.

Starts February 28, 2019

***Location: Creekside Education Center on Harvard
and Barranca in Conference Room (N21)***

Cost: \$25 (EXACT CASH OR CHECK ONLY)

Register Ahead – Contact Tracy Larson

Phone: (949) 936-7501 Email: tracylarson@iusd.org