

PARENT WORKSHOP PRESENTATION

Samira Zabian, Provisional Psychologist

6pm FREE

WELCOME, INTRODUCTION, & ICEBREAKER (5 MIN)

- Warm welcome and introduction
- Quick parent sharing activity to effect on children's emotions



UNDERSTANDING EMOTIONS (15 MIN)

- Overview of how kids develop emotional regulation skills (R-5 milestones)
- Interactive activity: recognizing emotions through scenarios/expressions



WHY ROUTINES MATTER (15 MIN)

- How consistent routines (e.g., bedtime) support regulation, focus, and mood
- Partner activity: sharing what works well & challenges at home
- Group discussion; strategies for smoother routines
- Practical tool: strategies for calming bedtime routine



SCREENS & MENTAL HEALTH (15 MIN)

- Effects of screen use on sleep, attention, and connection
- Discussion; screen-time habits at home & current challenges with setting boundaries
- Practical tools (e.g., family tech agreements)

WRAP-UP & PARENT VOICES (10 MIN)

- Emotion regulation milestones (by age)
- Bedtime routine checklist
- Screen-time agreement template