

PARENTS AS TEACHERS GROUP CONNECTIONS



SELF-REGULATION STRATEGIES

Regulating emotions is important for children, and they may need their parents/caregivers to help them, and model how to do this. In our parent/caretaker event, we will talk about the importance of regulating your own emotions before guiding your children with this. You will have items to help you build your own “toolbox” to help you manage emotions. In the following event, you can help your child identify emotions, build a “toolbox” of their own, identify when they might need to open the “toolbox.”

Parent/Caregiver Event: Friday, April 17, 12:00PM – 1:30PM

226 Union Street, Bennington

Parent & Child Event: Wednesday, April 22, 4:30PM – 6:00PM

115 Hillside Street, Bennington

Geared toward
children ages 3-5
& siblings welcome!

- Create a calming toolkit for you during the parent/caregiver event, and one for your child on the parent/child interactive event.
- Explore wellness activities.
- Light meal provided at each event.

RSVP required. Please RSVP by 04/13/26. Call Sunrise at (802) 442-6934 or email rsvp@sunrisepcc.com to RSVP.