

Parents as Partners Conference

Workshop Session: C12

Room: 204B

Turning Around Meltdowns: Strategies for Connecting with your Kids and Helping Them Manage Their Emotions

Mental Health and Well-Being Parent Partnership Committee

When kids and teenagers are having strong emotional reactions like stress, worry or outbursts it can often be hard to know what to do, let alone prevent these reactions. This presentation, based in the work of Vancouver psychologist Gordon Neufeld, is focused on how to maintain a strong attachment with your children, validate their emotions, and support their emotional and behavioural regulation.

Doug Schmidt

Psychologist

Email: Douglas.Schmidt@tdsb.on.ca

Dr. Doug Schmidt is a school and clinical psychologist who works with TDSB and at South East Toronto Family Health Team. He has worked with many children with autism spectrum disorder, acquired brain injury, and learning disabilities and their parents.