

# Empower Your Child

Tuesday, February 12, 2019

6:30 to 8:30 pm

## What is Self-Regulation?

*“A person’s ability to manage attention and emotions well enough to complete tasks, organize behavior, control impulses, and solve problems constructively”*

In this class you will learn the following:

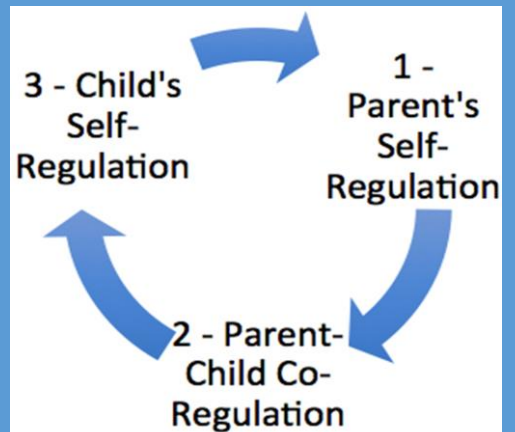
- ➔ Reduce your child’s tantrums
- ➔ Help your child be at their best to learn, and
- ➔ Increase independent play and social emotional independence.



The Shawnee Mission Parents as Teachers program follows the Shawnee Mission School District guidelines for inclement weather. If school is cancelled due to poor weather conditions, all PAT personal visits and PTA events will be cancelled. Your Parent Educator will contact you regarding home visits to be re-scheduled. Please watch your local news for school closings.



Parents as Teachers™  
*Affiliate*



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Lori Arndt has her Master Degree in Early Childhood Special Education. Lori has worked for Infant Toddler Services for the past 20 years focusing on child behaviors.