

NORRIDGE SCHOOL DISTRICT 80 PARENT UNIVERSITY

SPED NIGHT



Building Strong Social-Emotional Foundations

Join us for an engaging session led by local social workers to explore essential strategies for nurturing your child's social-emotional development!

Learn how to:

- Foster healthy social skills and positive peer interactions.
- Support children with school anxiety and refusal.
- Set healthy boundaries for screen time and encourage offline connections
- Teach emotional regulation and the importance of managing feelings in a healthy way.
- Model positive behaviors and create a supportive environment at home.

From preschoolers to adolescents, this session will provide practical tools and insights to help your family thrive. Do not miss this opportunity to gain valuable tips for supporting your child's emotional and social growth!



**Thursday,
April 17, 2025
6:00 - 7:15 PM
Leigh Tiger Territory**

QUESTIONS?

PLEASE CONTACT MR. MASTERS AT PMASTERS@NORRIDGE80.NET