

## Supporting Emotional Regulation in Neurodiverse Children: Considerations and Strategies for Setting Children Up for Success

Presenter: David L. Meichenbaum, Ph.D.

Thursday, December 11, 2025

6:00-7:30pm

Holidays, while joyful, can also be stressful. For neurodiverse individuals, the change in their routine, anticipation, uncertainty, and many other factors can lead to heightened emotionality (positive or negative) that may lead to “big” emotions. This presentation will focus on these challenges and highlight proactive strategies to both minimize distress and further support the development of emotional regulation skills.



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