



Parent Training

DCIU Teaching and Learning

Helping Your Child Stay Calm: Strategies for Managing Big Emotions

April 21, 2026

6:00-8:00 p.m.

Via Zoom

Presenter: Rebecca Sitman, Teaching and Learning Specialist

This training helps families support their children in recognizing and managing anger, frustration, and intense feelings before those emotions lead to meltdowns or behavioral outbursts. Participants will learn simple, practical strategies to teach self-regulation skills, create calming routines, and build emotional awareness at home. The session focuses on positive, proactive tools that strengthen resilience, improve communication, and help children feel more confident and in control, even during challenging moments.

Please register for this session by April 20, 2026 at 4:00 p.m. by clicking the link below

Register at <https://www.dciu.org/ParentTrainings>

Zoom link will be sent the day before the training.

**** The content of this workshop is geared toward parents. There will be no Act 48 or continuing education credit offered if a professional chooses to attend this workshop.**

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