



## B-07

### Managing Behaviour: Tuning In and Teaming Up with Your Child

Mental Health and  
Well-being Parent  
Partnership Committee

202A

Most parents occasionally struggle with how to manage their children's behaviour. This workshop will focus on how to help parents avoid power struggles, feel good about their parenting choices, and preserve their child's self-esteem, by shifting their perspective. Parents will be encouraged to explore the root challenges that lead to children's "misbehaviour." Strategies to help parents and children prevent conflicts before they happen and solve problems together, as well as ways to build trust and repair fraught parent-child interactions, will be reviewed. Finally, supporting children in strengthening their coping skills and developing greater flexibility will be highlighted.

#### Presenter

**Trina Epstein, Psy.D., C.Psych.**

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Trina is a psychologist in private practice who works with children, adolescents and their parents, and consults to schools. She is the co-author of *The Adventures of Stretch More: Pick-Your-Path Stories for Solving Problems Together*.