

Linda Aber 2 day presentation

Wednesday

Emotional Regulation & Tuning Into Children & Adolescents: What Parents & Educators Can Do & Say!

Understand how attachment experiences impact on children & adolescents and what to do.

- Learn the nurturing language of “positivity” to enhance connection & self-esteem.
- Adopt strategies to provide connection & comfort.

What parents & educators can say & do to enhance emotion regulation

- How attachment affects the emotional developmental brain & nervous system.
- The importance of emotional self-regulation & co-regulation.
- Tools for parents, children and adolescents to reduce anger, anxiety & meltdowns.
- HeartMath® emotional regulation techniques to reduce anxiety & anger.

Thursday

Emotional Regulation & Tuning Into Children & Adolescents: What Parents & Educators Can Do & Say!

An Overview of Understanding ADHD and Learning Disabilities

- Participation in activities will allow participants to experience having learning disabilities and strategies that help.

Building Attachment & Social-Emotional Health with Theraplay® & Sunshine Circles

- Explore how Theraplay®, a lively, playful attachment-based approach, can enhance your home or classroom setting.
- In this session participants will join in Theraplay® activities.
- By attuning with children during play, adults can activate attachment processes, modulate fear and stress levels plus create an optimal biochemical balance that develops plasticity

Speaker: Linda Aber, (514) 487-3533, tacticsmtl@yahoo.com, lindaaber.com

Linda is the owner of Tac Tics Resource Services in Montreal is a certified Theraplay® Social Skills Group Specialist, HeartMath® Anxiety/Anger Reduction Practitioner, Attachment, Parent Coach, Family Life Educator, nurse and adoptive parent.

For over 23 years Linda provides parent coaching, educational educator/parent workshops and social skills groups for families in her practice and for the Montreal Centre for Learning Disabilities. She presents at numerous Montreal daycares, schools and conferences including the past 12 years at the Quebec Provincial Teachers Conference (QPAT).

Linda guides and empowers adults living or working with children & adolescents with ADHD, learning disabilities, mild autism spectrum, oppositional defiance, fetal alcohol, anxiety, adoption/foster and attachment disorders.

Handout: Linda will offer a handout