



# Behaviour, Big Feelings, and Self-Regulation.

Supporting the healthy development of emotional wellbeing  
and self-regulation in children and adolescents.

*A workshop for parents and carers.*

Big feelings are a very normal part of development. For many young people, big feelings will drive big behaviour, which can be confusing and challenging for them and the adults who care for them. The more we understand the what, why, and how of feelings and the behaviours they fuel, the more we will be able to respond to young people (and ourselves) more effectively and compassionately. Ultimately, our responses will nurture the vital foundations of self-regulation in children and their capacity to feel and express the full range of human emotions in healthy ways.

We will explore:

- where big feelings come from and why they have an important job to do;
- why children depend on their important adults to provide calm during their emotional storms, and how to do this;
- the four broad reasons for emotional dysregulation and how to respond;
- practical ways to help children understand feelings and why this matters;
- a new way to understand big feelings and the big behaviours they fuel;
- practical strategies to deal with challenging behaviour;
- changing the way we think about discipline - why traditional disciplines don't work and what to do instead;
- how to build relationships with young people that will preserve our connection and influence;
- connection after conflict - how to repair after an emotional or relational 'collision' with children;
- brain to brain - how to use our own capacity to self-regulate as the circuit breaker for big feelings and big behaviour;
- when behaviour is extra big - the common origins of big behaviour, how to respond in the moment, and the practical strategies that will effect lasting change;
- how to establish meaningful boundaries with love and leadership, and how to respond when those boundaries are challenged;
- building their emotional toolbox - the strategies that will build their capacity to tolerate big feelings and respond more effectively.



## **About Karen Young**

Karen began her career as a psychologist working extensively with children, teens and families. She is a sought-after speaker and consultant and works with schools, government bodies, and child and adolescent focused organisations both in Australia and overseas to build resources, implement procedures, and support the professional development of staff. Karen is the founder of 'Hey Sigmund', an internationally popular online resource that provides contemporary, research-driven information on anxiety. She is the author of four books, including the bestselling 'Hey Warrior', which creatively assist children to understand and manage anxiety.