

FAMILYMATTERS@SCHOOL EMPOWERING PARENTS @ KATONG PRESENTS

“Angry and Stressful Child”

Do you feel like being in a situation where it seems like your child is not responding to you? Is your child constantly erupting into spurts of anger for no obvious reason? Do you know that anger and stress symptoms are very similar? To understand this better, come and learn some tips on how you can help your child deal with anger and stress.

Overview

- 1) What are the symptoms of stress? Emotional responses and physical signs
- 2) Toxic coping styles
- 3) Ways to deal with an angry child
- 4) Using “Choice Theory” to explain anger and stress

The Speaker

Mr Richard Cheong has been trained as a certified family life educator by Swinburne University (Australia) and Family Resource Training Centre. He specializes in marriage counselling, counselling children and teens, and in counselling young adults in the area of smoking cessation. Richard holds a degree in Counselling Psychology, Diploma in Counselling and Communication with Edith Cowan University and is a certified Triple P Practitioner.

Please note:

We have adjusted the delivery of the Parenting Talk to a video-recorded format which can be viewed at the participants' convenience. To enhance learning, reflection questions will be included in the 45 minutes video. It shall be made available by Phyllis to only the parents of Katong School. No duplicate in whatsoever form is to be made except for making it available by Phyllis for the parents' intended participation in the Talk.

Please register your interest with Phyllis, FM@S coordinator (HP: 96664175) with your Name, Student's Name & Class, by: **Monday, 13/7/2020.**