

FREE LIVE PARENTING WEBINAR

The Magic of Co-Regulation and How it Wires Developing Brains for Resilience

Presented by Chrissy Dagostino, M.A.

Chrissy has a Master's Degree in both early childhood and special education, as well as certification in Applied Educational Neuroscience and in The Powerfully You Self-Regulation Curriculum.



Self-regulation has become widely recognized as one of the critical “soft skills” associated with emotional and social wellbeing for humans at all ages and stages of development, but how do we help kids develop it?! Co-regulation, a prerequisite for self-regulation, lays the very foundation for your child’s own self-regulation. Join us to explore the science behind this relational process, as well as practical examples for co-regulating our young ones even in the trickiest of moments.

Thursday, November 21, 8:00 p.m.

Email First Connections for the link: Imatthews@jri.org.

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