

# Understanding and Responding to Feelings and Behaviours (UR FaB) Program in Schools

## Emotion Coaching Webinar

**Does your child have big feelings and behaviours?**

**Would you like some strategies on how to support your child?**

UR FaB is an early intervention program operating in ACT primary schools as part of the Child and Adolescent Mental Health Service (CAMHS). We are running a webinar session for parents and caregivers of primary-school aged children.

Emotion coaching has been shown to build emotional intelligence in children. This is linked with greater resilience and better long-term outcomes.

This session can help you to understand:

- your child's emotions and needs
- the importance of emotional intelligence and how you can support it
- how to use emotion coaching to respond to your child
- how to encourage cooperation and positive behaviours
- where you can find further supports.

**When:** Thursday, 23 May 2024 from 12.00pm to 1.00pm.

**How to join:** This session will be delivered on Microsoft Teams. To register to attend please contact the Tuggeranong Child and Family Centre on 62078228.