

PARENTING CLINIC

EMOTIONAL REGULATION & MELTDOWNS

20 APRIL

12.00 TO 12.30PM

HOSTED ON ZOOM

Come live or catch the replay

Join Anisa Lewis, Parenting Coach, for this month's Free Parenting Clinic focused on Emotional Regulation and Meltdowns.

We will explore what is really going on beneath the surface of big emotions:

- Why children struggle to regulate
- And what you can do in the moment and beforehand to support them without everything escalating

This is not about stopping emotions.

It is about understanding them, responding with confidence, and helping your child learn how to manage what they feel

Book your free place here:

<https://anisalewis.as.me/theclinic>

or

Email: hello@anisalewis.com for the booking link.



One minute, they are fine
Next, they are snapping, shouting, or on the floor in a full meltdown.

Do the outbursts always seem to come at the worst possible times?

- On the way out the door
- At the end of the school day
- Right when you have nothing left in the tank

Or you can feel it building...
You see the signs, you brace yourself... and then BOOM!

You are not imagining it
And you are not alone...



Anisa Lewis

Parenting Coach