

Understanding And Helping The Child Who Struggles. What's Really Going On?

With Eva de Gosztonyi



**December 7th
at 6:30 pm**



We are fast approaching the holiday season, which is a time of increased emotion that can lead to challenging behaviours. In this presentation, you will learn ways in which to effectively navigate the extra excitement of this season. How we see behaviour can change the way in which we react to it. How we react, can in turn, help our children to move forward.

**To Register, Please Contact Trish
(705) 737-7916 or tlongo@catulpa.on.ca**



Eva de Gosztonyi, MA, psychologist (OPQ), has worked for over 45 years in schools across Canada. For 22 years, she was the Co-ordinator of the Centre of Excellence for Behaviour Management, a support to the ten English School Boards of Quebec, helping them to provide effective interventions for students with behavioural challenges. The interventions that Eva suggests are based on neuroscience, developmentally sound, and attachment friendly. Eva is a member of the Faculty of the Neufeld Institute. Her aim is to help adults make sense of the children in their care so they can create the conditions in which the children can grow and thrive.

A Tip from Eva For Helping Children To Follow Directions

Before you ask your child to do something (especially when you are in a hurry) try the **“collect before you direct”** strategy. For example, if you are in a rush to leave the babysitters, remember to take a moment to:

1. Say hello.
2. Wait until your child looks at you before telling them to hurry.
3. Smile at them.
4. Try to get them to smile at you by saying something like, “you were having fun playing with your friends.”
5. As you are both smiling at each other, let them know that it is time to quickly gather their things together.
6. If you can, make it playful: “let’s see how fast we can get to the car.”

When children are smiling with us, they are more naturally inclined to follow us.

Collect before you direct: get their eyes, nod, and smile before giving a direction. Give it a try!

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