

# Self-Regulation

*What It Really Is  
and Why It Matters*

**Parents, Guardians, and Educators**

*are invited to join*

**Dr. David Tranter, PhD**

Mental Health Lead | Lakehead Public Schools

**Tuesday, April 28, 2015**

**6:30 - 7:30 p.m.**

**Crestview Public School**

4452 Oliver Road Murillo ON (807) 935-2692 For information, please contact J. Giertuga, Principal

*Join us to discover*

**What do the terms effort, self-control, willpower, determination, concentration, focus and anxiety all have in common? They are all part of our important ability to self-regulate. Self-regulation is much more than managing our emotions, it's a complex process that is at the very core of our ability to learn, to connect with others, and to get things done. This presentation will clearly explain what self-regulation really is and will provide practical strategies for strengthening self-regulation in your children (and yourself!)**



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