



Big Feelings. Big Behaviour.

Understanding and responding to big feelings and big behaviour in young people, and how to nurture self-regulation.

A workshop for parents and carers.

Big feelings are a very normal part of development. For many children, big feelings will drive big behaviour which can be confusing and challenging for the adults who care for them. There is a good reason for this, and the more we understand the what, why, and how of feelings and the behaviours they fuel, the more we will be able to respond to young people (and ourselves) in more effective, compassionate ways. Ultimately, our responses will nurture the vital foundations of self-regulation in children, as well as their capacity to feel and express the full range of human emotions in ways that don't cause breakage for themselves or others. We will explore:

- where big feelings come from, and why they have an important job to do;
- why children depend on their important adults to provide calm during their emotional storms, and how to do this;
- what happens in the brain and body during emotional dysregulation;
- the four broad reasons for emotional dysregulation and how to respond;
- practical ways to help children understand feelings and why this matters;
- a new way to understand big feelings and the big behaviours they fuel;
- practical strategies to deal with challenging behaviour;
- changing the way we think about discipline - why traditional disciplines don't work and what to do instead;
- how to build relationships with young people that will support the down-regulation of big feelings, the upregulation of positive ones, and the development of self-regulation;
- connection after conflict - how to repair after an emotional or relational 'collision' with children;
- brain to brain - how to use our own capacity to self-regulate as the circuit breaker for big feelings and big behaviour;
- why co-regulation will feel tough sometimes, and how to lead children in co-regulation, rather than co-dysregulation;
- when behaviour is extra big - the common origins of defiant, disruptive, demanding, aggressive behaviour, how to respond in the moment, and the practical strategies that will effect lasting change;
- how to establish meaningful boundaries with love and leadership, and how to respond when those boundaries are challenged;
- building their emotional toolbox - the strategies that will build their capacity to tolerate big feelings and respond more effectively.



About Karen Young

Karen began her career as a psychologist working extensively with children, teens and families. She is a sought-after speaker and consultant and works with schools, government bodies, and child and adolescent focused organisations both in Australia and overseas to build resources, implement procedures, and support the professional development of staff. Karen is the founder of 'Hey Sigmund', an internationally popular online resource that provides contemporary, research-driven information on anxiety. She is the author of four books, including the bestselling 'Hey Warrior', which creatively assist children to understand and manage anxiety.