

## The Roadmap to Regulation: Helping Children Cope with Big Emotions – For Parents

**Presented by:** Laura K. Sibbald, M.A., CCC-SLP, ASDCS, CYMHS

**Hosted by:** FAU CARD

### About the Presenter

Laura K. Sibbald, MA, CCC-SLP, ASDCS, CYMHS is coauthor of the Trauma-Informed Social-Emotional Toolbox for Children & Adolescents (PESI, 2020) and the Parenting Toolbox (PESI, 2018). She was an invited speaker and moderator at PESI's 2021 Autism Symposium, where she also had the privilege of interviewing the keynote speaker Dr. Temple Grandin. She is an active member of MSHA and ASHA committees, and is currently the chair of the Alumni Advisory Council for the Speech-Language Hearing Science Department at George Washington University. Laura graduated from GWU in 2011 with a Master's in speech-language pathology. She is the Associate Director of Neurodiversity Initiatives at Chestnut Hill College in Philadelphia, PA.

### Training Description

**Target Audience:** (Parents)

Healthy coping skills promote a calmer state of mind and allow for participation in a variety of desired activities, without the worry of anxiety taking over. While it may seem relatively simple for a child to employ a technique such as deep breathing, this is frequently not the case, and can lead to high levels of frustration for family members. This session will explore a targeted roadmap to identifying and regulating emotions. Participants will build a toolbox of evidence-based strategies focused on co-regulation, emotional vocabulary, self-awareness, and problem solving.

### Training Objectives

Participants will be able to:

- Differentiate between co-regulation and self-regulation strategies.
- Implement strategies to increase emotional language and self-awareness in neurodivergent individuals.
- Consider critical elements to support functional problem solving in neurodivergent individuals

#### **Date:**

September 1-30, 2022

Registration: Open

#### **Location:**

Online, pre-recorded, 60-minute webinar

#### **Registration Deadline:**

September 30, 2022

Limited to first 500 participants

#### **Register [here](#)**

*Registration is mandatory. Once registered, you will receive a link to view the presentation online.*

#### **For more information contact:**

Mercedes Pagano

[paganom@fau.edu](mailto:paganom@fau.edu)

or (561) 212-8058

[CARD@fau.edu](mailto:CARD@fau.edu)

or (561)297-2023

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