

Adelphi University  
**Institute for  
Parenting**

**A Parent Coffee with Q & A**

**Location:** Alice Brown Early Learning Center at Adelphi University

**Date:** Wednesday May 26th, 2010

Program 7:00pm to 8:30 pm (*Doors open at 6:30pm*)

Fee: \$10 per Adult

Free child care provided; please call to register your child

**Understanding and Handling Big Feelings:  
Yours and Your Child's**

Young children can get overwhelmed by the intensity of their emotions, such as anger, fear and frustration. They do not yet have the emotional capacity or language to handle big feelings all of the time, nor do they have the social skills to solve problems when they are upset. Sometimes kids go off the deep end and grown-ups dive in right after; creating lots of upset, but little resolution. Learn what pushes your buttons so that you can find ways to solve problems with your children more effectively. Become better able to identify teachable moments, opportunities to help your child build self discipline, and manage their big feelings



**Marcy Safyer, MSW, LCSW-R**, is the Director of the Adelphi University Institute for Parenting. Throughout her career she has trained professionals, worked with students, and worked with parents in a variety of capacities with a focus on young and developing families.



*\*The Parent Coffee Series is an Educational Series for parents with children age 6 and under*

For more information on programs or scholarships, please contact Marcy Safyer, Director, at 516-877-3060 or [msafyer@adelphi.edu](mailto:msafyer@adelphi.edu) To register, go to <http://www.adelphi.edu/parentinginstitute>

