

STRENGTHENING YOUR EMOTIONAL CONNECTION WITH YOUR CHILD

A #LOOKFORWARD PARENT WORKSHOP

with Dr. Jenny T. Wang & Dr. Monica Mo

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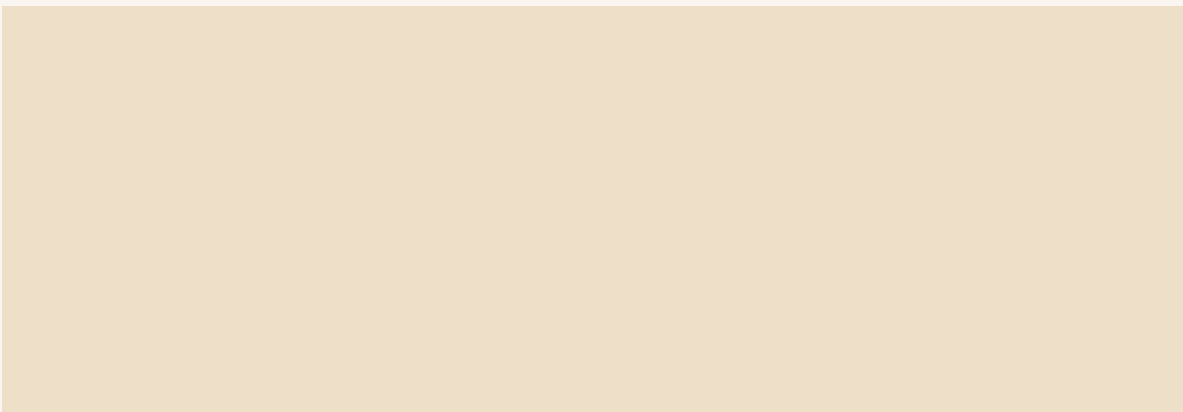


#LOOKFORWARDPROJECT

As parents, we all desire strong connections with our children. But in the daily hustle, it's easy to get swept away by emotions, only to realize they've triggered something from our past. You're not alone.

Together, we'll learn to create a safe haven where your child feels comfortable expressing their feelings. By fostering a deeper understanding for a foundation in healthy development, you will learn to navigate conflict constructively and build stronger connections. Join us on this journey of self-discovery and leave equipped with the knowledge and tools to nurture a parent-child connection that thrives.

How comfortable am I observing my own emotions without getting caught up in them? Can I step back from anger and frustration when my child pushes back, or do I react impulsively?



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Do I struggle to let my child experience uncomfortable emotions? Am I able to hold space for their feelings without trying to fix them?

How can I better communicate "I see you and your feelings" to my child? What can I do to pause and reset in the moment, before reacting?

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Do I get easily triggered by my child's rejections or disagreements? Am I comfortable acknowledging my own role in conflict situations?

How can I repair hurt feelings and demonstrate a secure attachment? How can I mirror or reflect back to my child's emotions in a validating way?