

Zones of Regulation

Parent Education Night

Wondering how to help your child with big emotions?

Wondering what we mean when we say Zones of Regulation?

Wondering how to work with your child when their "lid is flipped?"

Come learn with us!

When little people are overwhelmed by big emotions, it's our job to share our calm, not join their chaos.

L.R. Knost



Choose whatever date below works best with your schedule (RH will be more focused on middle school students)

Tues, Oct 17 @ Oak Meadow
Thurs, Oct 19 @ Silva Valley
Tues, Oct 24 @ RHMS

All start times are 6:00 pm

