



# You Are Invited!

Join us for a virtual family engagement event!

## Social Emotional: Supporting My Preschooler to Develop Self-Regulation Skills

Date: March 28, 2025

Session 1: 9:30 a.m.–10:30 a.m. PT Language: English

Zoom Link: <https://lakeshorelearning.zoom.us/j/88350362227?pwd=O13PabPA49ZrLBeF72392GWS44ebbi.1>

Session 2: 11:30 a.m.–12:30 p.m. PT Language: Spanish

Zoom Link: <https://lakeshorelearning.zoom.us/j/89911613542?pwd=OZBna9bQQvhXcjWD9xMxi0abPkDXN8.1>

Session 3: 1:30 p.m.–2:30 p.m. PT Language: English

Zoom Link: <https://lakeshorelearning.zoom.us/j/81772684305?pwd=f3QvBUmMGvRObQzEUUYeboGEpExwB8P.1>

Research has shown that self-regulation skills are the underlying proficiencies necessary for learning and success in school. In this session, we will explore what self-regulation is, why it's important, and how to support your child in developing these essential skills. These skills begin developing in early childhood and are fully developed into adulthood. We will discuss strategies and activities that can be utilized at home to support its development.

Can't wait to see you there!

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