

A Book Study of  
**Cool, Calm & Connected**  
By Martha B. Straus, PhD

Decades of research on human development have shown that when kids get overwhelmed, or are struggling to control emotional meltdowns, they learn how to calm themselves only after having plenty of experience with the supportive engagement of a caring adult.

They can't calm down unless we show them how it's done. How do we do that? By calming ourselves in order to calm our kids...but that's easier said than done!



Tuesdays 6:30-8:00pm  
6-week series begins  
May 5, 2026

Topics Covered Include:

- Understanding Co-Regulation
- Calming Ourselves in Order to Help Calm Our Kids
- Co-Regulation Strategies & Activities
- Tips to prevent dysregulation & meltdowns

**\*\*Book will be provided\*\***

Register at  
[www.lrcs.org/parentedregistration](http://www.lrcs.org/parentedregistration)  
or scan the QR Code:



**\*HYBRID SERIES\***  
Participants can choose to attend in person at our office:  
719 N. Main St. Laconia  
OR Virtually Via Zoom

For participants who attend in person, dinner will be served at 6pm and on-site childcare may be available if reserved at the time of registration.

