

# NAVIGATING OUR CHILDREN'S DEEP EMOTIONS

AN INTERACTIVE WORKSHOP FOR PARENTS TO ENHANCE UNDERSTANDING & CONNECTION

Facilitated by Michelle Stone, Founder of Into the Body®



## Who This Is For

This workshop is open to parents of children of all ages who want to better understand their children's emotional experiences and strengthen their connection through attuned communication and co-regulation.

## What to Expect

In this experiential session, parents will gain insight into how children's emotions develop and how to respond in supportive, grounded ways. We'll explore somatic tools to regulate ourselves—because emotional safety starts with us.

## What You'll Learn

- How to interpret and respond to big emotions in developmentally supportive ways
- The science behind co-regulation and the parent-child nervous system connection
- Somatic practices to shift from reactivity to calm, present leadership
- Common emotional “traps” for parents—and how to navigate them with compassion

## Takeaways

- Tools to self-regulate in real-time moments of stress or overwhelm
- Practices to help your child feel safe, seen, and soothed
- Enhanced understanding of your child's emotional nervous system
- A personalized action plan to continue integrating these tools at home

**Tuesday, September 9th**

**6:00 PM – 7:30 PM** (Duration: 60–90 minutes)

**Location: Brockway Memorial Library, 10021 NE 2nd Avenue, Miami Shores, FL 33138**

**Open to all parents** — No prior experience needed.  
**Parents with kids of all ages welcome.**



INTO THE BODY



## About the Facilitator

Michelle Stone is a neuro-somatic practitioner, educator, and the founder of the Into the Body Method. She specializes in nervous system regulation, trauma-informed care, and somatic tools to support individuals and families in navigating emotions with clarity, safety, and connection.



Register **HERE**, Free event

