

# **“What Do You Do With the ‘Mad’ that You Feel?”**

## **Helping Children Deal with their Angry Feelings**

Featuring

**Hedda Sharapan**

*Director of Early Childhood Initiatives at The Fred Rogers Company  
and nationally recognized expert and inspirational speaker on raising young children.*

**Friday, Jan. 28**

**9:30 a.m.**

**Winnetka Community House – Room 111**

**No charge—but donations gratefully accepted.**

One of Fred Rogers’ central messages was helping children find healthy ways to manage their anger. Being able to manage feelings is key for success in school and in life and it’s a topic that’s more important in today’s world than ever. Hedda Sharapan has been invited to present Fred Rogers’ approach at national and local conferences and parent groups across the country. She fills her talks with stories from family life, child care, and school experiences, along with treasured video clips.

Join us for the morning and you’ll come away with insight into children’s anger and practical ways to help children deal with their angry feelings and work on developing self-control.



**Presented by the Winnetka Alliance for Early Childhood.**

*Questions? Call Blakely Bundy at 847-441-9001 or visit [www.winnetkalliance.org](http://www.winnetkalliance.org).*