

We would like to invite You to a session about

## How to manage your child's defiance

Do your children often come across as defiant and you are not sure how to manage this without losing your calm? If your answer is yes, you are not alone. At one point or another, every parent will experience their child refusing to do what they are asked. For some this is an occasional occurrence, while others have to face these battles daily.

This is why during this session we will be:

- ✓ Exploring the reasons behind defiance (e.g. unmet emotional needs);
- ✓ Sharing tools to help you manage defiance by establishing realistic boundaries and sticking to them in an effective way; and
- ✓ Answering your questions. If you can't make it to the session but would like to submit a question, please email Marijana on [marijana@move-more.org](mailto:marijana@move-more.org).

Your host will be **Marijana Filipovic-Carter**, Head of Family Support from Move-More.



**When and where:** 2.4.2025 (live via zoom) at 6pm

**Duration:** Approximately 60 minutes

**How do I join this online session:** simply click on this link:  
<https://us06web.zoom.us/j/88060464731?pwd=IwJ57vVMUOogOSbJ6qK9VpEw12oEk7.1>

Or type in the following information in your Zoom app:  
Meeting ID: 880 6046 4731  
Passcode: 864947

As always, this session can be accessed on all devices and will be recorded. Any questions or problems, please email Marijana on [marijana@move-more.org](mailto:marijana@move-more.org).

