



Expert Speaker Dr. Margot Burke:

Date: Thursday, November 29th

Time: 7:00-8:30 p.m.

Valley Forge Middle School

105 Walker Road

Wayne, PA 19087

RSVP for free tickets: bit.ly/buildburke



The Importance of Self-Regulation in School Success

Self-regulation is an essential skill necessary for children's success in academics, social interactions and family relationships. Dr. Burke will present on the development and disruptions to self-regulation and the impact of the parent-child relationship. She will demonstrate various approaches to parent coaching to grow the self-regulation abilities of the child to promote school and social success.

Kids rely on self-regulation skills in school and in everyday life. But kids with executive functioning challenges, like kids with ADHD, and kids with sensory processing issues often struggle with it.

-from Understood.org

Dr. Margot Burke is a licensed child psychologist based in Ardmore and is the owner and director of Milestones Psychology and Wellness. She and her team strive to help children and families develop new skills and confidence to reach their fullest potential. Her treatment is grounded in relationship based methods to foster meaningful connections to peers, parents and the community. Her warm, compassionate and playful manner helps to provide outstanding mental health treatment for children, adolescents and their families through individual, family and group sessions as well as parent coaching. Dr. Burke is passionate helping children and parents learn effective coping mechanisms through self-regulation.

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Questions

Wendy Brooks: wenobrooks@aol.com or 610-213-9390
Wendy DeMarco: WDeMarco1@gmail.com or 610-888-2936
Jamie Lynch: JamieLynch@tereads.com or 610-772-7042
Kate Mayer: katemayer@tereads.com or 720-883-6539