

# **RAISING RESILIENT CHILDREN: UNDERSTANDING ANGER**

## **HOW TO SUPPORT YOUR CHILD WITH CALM AND CONFIDENCE**

**12<sup>th</sup> March 2026**

**9:15-10:30am**

**St Catherine's Primary School**



**Understanding anger in children:  
the brain science, the triggers, and  
practical ways to guide your child through  
big feelings.**

**Presented by: Dr Nathalie Hojka  
Educational Psychologist**

**With 25 years in education, first  
as a teacher, now as an  
Educational Psychologist, Dr  
Nathalie Hojka helps parents  
and educators understand  
what's behind children's  
emotions and how to respond in  
ways that build connection and  
confidence.**

**● Explore the  
purpose of anger  
and what it is  
communicating.**

**● Learn how to  
respond effectively  
without escalating  
the situation**

**● Take away practical  
scripts and  
strategies you can  
use right away**

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