



Media Release

Kingston Frontenac Public Library
Jake Miller, Librarian, Adult Programming
613-549-8888 ext 3522
jmiller@kfpl.ca

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Understand emotions across age groups with the next *Growing Up Human* session

Emotions are a normal part of being human, but emotional development is a more complex process than one might think. Starting from birth, people need to learn what feelings and emotions are, how and why they happen, and how to recognize their feelings and those of other people. On top of that, we all need to learn to manage those emotions so we can all be self-aware, socially aware, and emotionally regulated.

How can we tell what a child or teenager might be feeling? What are expected emotional experiences at different developmental stages? Dr. Michele Morningstar will unlock the process of emotional development in children and adolescents in the fourth talk in the *Growing Up Human* series.

“Understanding emotional development is essential for guardians and educators to help young generations give their best shot at life,” said Jake Miller, Librarian, Adult Programming. “Dr. Morningstar's presentation will help us understand emotions in a way that will help us guide young people and ensure safe environments for their emotional health.”

Join Dr. Morningstar on Zoom Thursday, Apr. 21 at 7 p.m. Register online at <https://calendar.kfpl.ca/event/6220549> or call 613-549-8888.

Growing Up Human is made possible through collaboration between Kingston Frontenac Public Library, the Queen's University Department of Psychology, and the Queen's University Child and Adolescent Development Research Group.

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