



*Transforming
lives for stronger
communities*

Tuning in to Kids®

Tuning in to Kids® is a parenting program that focuses on the emotional connection between parents/carers and their children, from pre-schoolers to teens

The program has success in improving parenting, parent-child relationships and children's emotional competence and behaviour.

Backed by evidence-based research, this 6-week program focuses on developing key skills in recognising and responding to your child's emotions, conflict management, and helping your children develop emotional intelligence. Aimed at parents with a child approximately 3-10 years of age.

Tuning in to Kids® teaches parents how to help their child develop emotional awareness- a key skill to help them better cope with their feelings, become more assertive and have more stable and satisfying relationships as adults.

This course teaches parents:

- emotional intelligence and why it's important
- the five steps of emotion coaching
- different parenting styles
- anger and conflict management
- problem solving
- emotional self-care.

Where: Seawinds Community Hub,
11A Allambi Ave, Capel Sound VIC 3940

When: Wednesday 3rd August for 6 weeks

Time: 9.30am – 11.30am

Suitable for: Parents with Children 3-10yrs

Please contact:

Early Help Coordinator - Clare Mileto
on 03 8599 5433 or
email earlyhelp@familylife.com.au



www.familylife.com.au

