



Tuning into Kids

About Tuning into Kids

Tuning in to Kids is a free, evidence-based parenting program for parents, grandparents, and carers of children aged 3–10 years.

The program helps caregivers better understand and respond to their child's emotions, build stronger relationships, and improve communication. Through practical strategies and group discussions, participants learn how to support children to manage big feelings, develop resilience, and build emotional intelligence.

Throughout the program, parents will learn how to:

- Better understand their child's emotions and behaviour
- Respond to challenging situations calmly and effectively
- Strengthen connection and communication with their child
- Help children manage anger, anxiety, sadness, and frustration
- Build their child's confidence, resilience, and emotional intelligence
- Support positive behaviour and reduce family conflict

The program is delivered in a safe, welcoming, and non-judgemental environment where parents can learn practical skills and connect with other caregivers.

Details

Who: For parents, grandparents and carers of children aged 3-10 yrs living in the western suburbs of Melbourne

When: Friday x 6 weeks, 10.00am-12.00pm. 30th of October- 4th of December, 2026

Cost: Free

Where: Online

Contact us

Register online today via the website or scanning the QR code.



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