



*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 parenting program focuses on developing key skills in recognising and responding to your children's emotions. This program is designed for parents of children aged 3-10.

Would you like to learn how to:

- be better at talking with your child?
- be better at understanding your child?
- help your child learn to manage their emotions?
- help to prevent behaviour problems in your child?
- teach your child to deal with conflict?

Tuning into Kids® teaches you how to help your child develop emotional intelligence. Children with higher emotional intelligence:

- have greater success with making and keeping friends
- have better concentration at school
- are more able to calm down when upset or angry

Where: Seawinds Community Hub,
11A Allambi Ave, Capel Sound VIC 3940 (Free parking available)

When: Term 1, every Thursday starting 16th February for 6 weeks

Time: 10am - 12pm

Cost: FREE

Eligibility: Families residing in Mornington Peninsula Shire, Frankston City, City of Kingston and Bayside City.

Access to the Group Work Registration Form: Click on the URL [here](#) to complete the Group Work Registration Form. If you would like to attend our free group work.

Or: Scan the QR Code to complete the Group Work Registration Form.

For further information please contact:

 Family Life on 03 8599 5433 or
email earlyhelp@familylife.com.au

www.familylife.com.au

