



Tuning into Kids®

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

The program has success in improving parenting, parent-child relationships, parental meta emotion, children's emotional competence and behaviour. Backed by evidence-based research, this 6-8 session 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 to 10 years old.

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?

Where: Online via Zoom

When: Thursdays, 13th February - 27th March 2025

Attendance at all sessions is essential

Time: 10.30 am - 12.30 pm

Cost: FREE

Suitable for: Parents with children aged 3 - 10 years

Eligibility: Families residing within the Bayside Peninsula region

Registration: To access the Group Work Registration Form, please visit <https://www.familylife.com.au/early-help/> or scan the QR Code



For further information please contact:

 (03) 8599 5433 or  earlyhelp@familylife.com.au www.familylife.com.au

