



# 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 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:** Wednesdays, 31st July - 18th September 2024

**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

To register for the group, follow the link to fill in the referral form. Under "Get Support" select "Parents & Families" and then select "Parenting Program: Tuning into Kids"



<https://www.familylife.com.au/support/request-for-support-with-family-life/>

For further information please contact:

 (03) 8599 5433 or  [briefsupport@familylife.com.au](mailto:briefsupport@familylife.com.au) [www.familylife.com.au](http://www.familylife.com.au)

