

Tuning in to Kids - Emotion coaching

*For parents and carers of children aged
between 2 and 10 years*

This five-week program aims to help parents and carers understand their child's experience and connect with and support their child.



This program will look at:

- managing meltdowns
- tuning in to your children's emotions to help manage behavior
- emotion coaching – helping children to understand and regulate their emotions
- problem solving and self-care
- the different styles of parenting.

Location

Online via Zoom

Date and time

Tuesdays, 1st- 29th November 2022 from 6 - 8pm

Cost

This is a free program

Contact us

For enquires and to register your attendance contact the Gateway Health Intake Team 02 6022 8888

Bookings are essential