



Tuning in to Kids™ for Vietnamese Parents

Emotionally Intelligent Parenting:

Learn how to better understand and interact with your child.

Backed by evidence-based research, this program focuses on developing key skills to recognise and respond to your child's emotions, manage conflict and help your child develop emotional intelligence.

Do you:

- have difficulty managing your child's behaviour?
- want to strengthen your parenting skills?
- want to learn ways to better connect with your child?
- feel concerned about the level of conflict in your home?

This course teaches parents:

- to be aware and to regulate your own emotions
- to be aware of your child's emotions
- to use your child's emotional experiences as an opportunities for closeness and teaching
- skills to help your child verbally name their emotions
- skills to help your child to problem solve
- to guide your child's behaviour with appropriate limits.

Ideal for:

Vietnamese parents of children aged 3-8 years.

When

Six group sessions from 10am to 12pm on Mondays in term 2, 2024.

- 29 April, 6 May, 13 May, 20 May, 27 May, 3 June.

Where

Delahey Community Centre
70 Copperfield Dr Delahey Vic 3037

Cost

Free of charge.

Bookings

Bookings are essential as places are limited. To register or learn more, email earlymatters@rav.org.au or call Quyen on 0437 520 422.

Tuning in to Kids™ is provided by Relationships Australia Victoria's early matters program, which is funded by the Australian Government Department of Social Services.

We are funded to provide this program to parents in specific areas of Sunshine (Delahey and Kings Park).