



Dads Tuning Into Kids

About the course

Dads Tuning in to Kids is a free, 7-week evidence-based parenting program for dads and male carers of children aged 3–10 years.

The program helps fathers build stronger relationships with their children by developing skills to understand emotions, communicate effectively, and respond to challenging behaviour in positive and supportive ways.

Throughout the program, dads will learn how to:

- Better understand their child's emotions and behaviour
- Respond to difficult situations with confidence and empathy
- Strengthen connection and communication with their child
- Help children manage anger, sadness, anxiety, and frustration
- Build their child's resilience, confidence, and emotional intelligence
- Support positive behaviour and reduce family conflict

The program provides a supportive, relaxed, and non-judgemental space where dads can learn practical parenting strategies and connect with other fathers.

Details

Who: For dads and male carers parenting children aged 3–10 years and living in the western suburbs of Melbourne

When: Wednesday x 7 weeks 7:00 pm– 9:00 pm, 21st of October to 2nd of December 2026

Where: Online

Cost: Free

Contact us

Register online today via the website or scanning the QR code.



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