

Do you

- **have a child aged three to six years?**
- **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?**

Tuning in to Kids is a highly regarded and well-researched program that supports parents to develop and enhance their parenting skills, focusing on building the relationship between parent and child.

This free program 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 opportunity 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.

Targeted at the early years, this program is available to families with a least one child between the ages three to six. Please note that only parents and carers attend this program.



Duration	6 sessions per course. Mondays 1 – 3pm in 2018.
When	November 12, 19, 26; December 3, 10, 17.
Where	Relationships Australia Victoria 634 Wyndham Street, Shepparton
Cost	Free of charge.
Register	To register your interest or for more information please call (03) 5820 7444.