



Tuning in to Kids

Emotionally Intelligent Parenting

*A free six-session interactive online parenting group
for caregivers of children aged 3 to 10 years*

**Please note: To be eligible to participate in this program you must reside in
Banyule, Nillumbik, Darebin, Yarra or Whittlesea**

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?

Feedback from previous participants:

- "Really useful for parenting"
- "This program was complete and helpful"
- "Helped me to learn to be positive, calm" and "helped me and my kids to be more settled and emotionally happy"
- "My children are positively responding to changes"

Tuning in to Kids shows you how to help your child develop *emotional intelligence*. Children with higher emotional intelligence:

- are more resilient - this means change and stress are easier to deal with
- are more aware, assertive and strong in situations of peer pressure
- have greater success with making friends and are more able to manage conflict with peers
- are more able to cope when upset or angry
- have greater career success - Emotional intelligence may be a better predictor of academic and career success than IQ!

Evidence shows that the earlier the intervention the greater the impact - it's never too early (or too late) to learn how to better connect with your child and teach them important life skills!

Where: Online over video call (Zoom)

When: Wednesdays 11am - 1pm, from 21st of May – 25th June (6 consecutive weeks)

Contact: To express interest, email Candice and Emma from Integrated Family Services via fsparentinggroups@berrystreet.org.au