

Tuning In To Kids

WHAT'S THE PROGRAM ABOUT?

Tuning In To Kids focuses on the emotional connection between parents/carers and their children from pre-schoolers to teens.

WHAT CAN YOU EXPECT?

Show you how to help your child develop emotional intelligence, making & keeping friends, better concentration at school, able to calm down when upset or angry and tend to have fewer childhood diseases.

WHAT WILL YOU LEARN?

- Be better at talking with your child
- Be better at understanding your child
- Help your child to learn to manage their emotions
- Help to provide behaviour problems
- Help your child to manage conflict

WHAT PEOPLE ARE SAYING ABOUT THE PROGRAM

"Discussions and sharing in the group was helpful. Visual aids and written information was great. I was fully satisfied with this course and the facilitator."

"I liked the video presentations and group sharing. It was great learning about kids having emotions and acknowledging them."

"The facilitator was patient and delivered content in a way that was understandable for all attendees."

"I learnt new tools using ideas. Great program."

The course runs for five weeks for two hours each week.

COST: Free

CONTACT: Alison Smith

Bookings are essential

For further information on any of our programs or workshops, please call 9:30am-4:00pm, Monday to Friday **(02) 4720 6500** or ask at reception.

Childminding is available at various times.