

TUNING INTO KIDS (2018)

A six week parenting program that supports parents in teaching their children to understand and manage their emotions.

Tuning into Kids program will focus on the emotional connection between parents and children.

The parenting program teaches parents emotion coaching to recognise, understand and respond to children's emotions in an accepting and supportive way. This approach helps children to understand and manage their emotions.

Parents will learn to be aware of and regulate their own emotions; to be aware of their children's emotions; to use children's emotional experiences as an opportunity for closeness and teaching; skills to assist children to label and manage their emotions; skills in assisting children in problem solving, and to guide children's behaviour with appropriate limits.

DATES, TIMES & LOCATIONS

Term 1

Fridays
16 February to 23 March 2018
9.30am - 11.30am
Keon Park Children's Hub
1-7 Dole Avenue, Keon Park

Term 4

Fridays
26 October to 30 November 2018
6.30pm - 8.30pm
Reservoir Community &
Learning Centre
23 Edwardes Street, Reservoir

COST:

Free

BOOKINGS:

To register or for further information please call 9496 1018 or email familyservices@darebin.vic.gov.au



CITY OF DAREBIN

274 Gower Street, Preston
PO Box 91, Preston, Vic 3072
T 8470 8888 | F 8470 8877
E mailbox@darebin.vic.gov.au
darebin.vic.gov.au



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