



## Tuning in to Kids®



**Tuning in to Kids® is a parenting program that focuses on the emotional connection between caregivers and their children aged 3 to 10 years old.**

The program has success in improving parenting skills, caregiver-child relationships, caregiver awareness of meta emotions, and children's emotional competence and behaviour. Backed by evidence-based research, this 6-8 session caregiving program focuses on developing key skills in recognising and responding to your children's emotions. This program is designed for caregivers of children aged 3 to 10 years old.

**Would you like to learn how to:**

- Improve communication with your child?
- Understand your child's behaviours?
- Help your child learn to manage their emotions?
- Help to prevent behaviour problems in your child?
- Teach your child to deal with conflict?

**Where:** Online via Zoom

**When:** 1st May - 19th June 2025

**Time:** Thursdays 4.30pm - 6.30pm

**Cost:** FREE

**Suitable for:** Caregivers with children aged 3 - 10 years

**Eligibility:** Families residing within the Bayside Peninsula region

**Registration:**

To register for the group, [click this link](#) or scan the QR code and complete our Request for Support Form. Under 'Get Support' select 'Parents and Families', then select 'Tuning in to Kids'.



**For further information please contact:**

 (03) 8599 5433 or [www.familylife.com.au](http://www.familylife.com.au)

