



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: 14th October - 16th December 2025 (may conclude earlier)

Time: Tuesdays 10.30am - 12.30pm

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

