



# 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.

**This group is currently not accepting external or self-referrals.**

## 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?

**Suitable for:** Caregivers with children aged 3 - 10 years. Please note this group is for caregivers only, and not suitable for children to attend.

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

**For further information please contact:**

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

