



## ONLINE -Tuning into Kids

A 5 week program via **ZOOM** for parents/carers of children 2-10 years of age that helps you tune into your children's emotions and manage their behaviour.

Learn about:

- "Emotion coaching" - helping children to understand and regulate their emotions.
- Responding to your children's individual needs in ways that suit the child and the family.
- Problem solving and managing strong feelings.
- Using children's emotional experiences as an opportunity for connection and teaching.



Online via  
**ZOOM**

**Time: 10am to 12pm**



Thursdays  
5th November to 3rd  
December 2020

What do I pay?

**FREE**



**Bookings Essential**

To book or ask a  
question contact the  
Intake Team

**Ph: (02) 6022 8888**