

Midvale Hub Parenting Service Perth (North East)



Tuning in to Kids

A parenting program for parents of children aged 3-10 years

Tuning in to Kids is a 6 session program for parents, with children aged 3 to 10 years.

The program explores ways that parents can help their children develop emotional intelligence and increase the emotional connection between parents and children. Learn more about:

- developing emotion coaching skills to help children understand and regulate their own feelings and emotions
- promoting co-operative behaviour in young children
- developing parent's own emotional awareness
- managing emotions such as anger and anxiety



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| Where: | Via Zoom; an online video conference platform accessible in your own home <i>Must have access to WIFI and a device with a camera</i> |
| When: | Tuesday evenings; 12, 19, 26 May, 02, 09 & 16 June, 2020 |
| Time: | 6.30pm – 8.30pm |
| Cost: | FREE – registration is essential |

For more information

and to register, please contact:

Name: Midvale Hub Parenting Service (Perth North East)

Telephone: (08) 9290 6827

Email: parentingservice@mundaring.wa.gov.au



Supported by



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Shire of Mundaring Children's Services