

TUNING INTO KIDS PARENTING PROGRAM

Term 4 2024

the place
to live



Darebin City Council Family Services are offering a six week Tuning into Kids parenting program. Tuning in to Kids is an evidence-based program that focuses on an emotion coaching parenting style. The group supports parents/carers to develop an emotional connection with their child and shows parents how to help their child learn about emotions and develop emotional intelligence. Parents will learn different ways to talk with and understand their child, as well as how to help their young person manage emotions and deal with conflict. Parents will also learn how to help prevent behaviour problems. Tuning into Kids program will help parents be more aware and accepting of emotions in themselves and their child, develop skills to help their child name emotions, have more empathic responses to their child, share

more of the emotional aspects of life with their child, use Emotion Coaching when solving problems, know when not to use Emotion Coaching, develop their own emotional self-care and anger regulation skills.

DATE, TIME AND LOCATION

Every Thursday **10 October - 14 November 2024**, 10.30am - 12pm

Keon Park Children's Hub (meeting Room)
1-7 Dole Avenue, Reservoir

Register by calling Lisa on 0407 102 423 or emailing family.services@darebin.vic.gov.au

Please note: no child minding available on site.

For further information please contact us at email@darebin.vic.gov.au or 8470 8888. Further text here if required.

CITY OF DAREBIN

274 Gower Street, Preston
PO Box 91, Preston, Vic 3072
T 8470 8888 F 8470 8877
E mailbox@darebin.vic.gov.au
darebin.vic.gov.au



National Relay Service
relayservice.gov.au

If you are deaf, or have a hearing or speech impairment, contact us through the National Relay Service.



Speak Your Language
T 8470 8470

العربية	नेपाली	हिंदी	Español
繁體中文	Italiano	ਪੰਜਾਬੀ	اردو
Ελληνικά	Македонски	Soomalii	Tiếng Việt

