

# Tuning in to Kids



**5th February to 19th March**

**For Mums, Dads and Carers of children  
aged 4-10 years**

**Telopea Family Support  
16 Shortland Street, Telopea**

**Tuesday's 10am—12 noon**

**Cost: Gold Coin Donation each week**

**Childcare is available—limited spaces**

**Contact Kate on 9638 7955**



Tuning in to Kids™ is a 6-session group parenting program that coaches parents in:

- ◆ Awareness and regulation of their own emotions
- ◆ Awareness of their children's emotions
- ◆ Using children's emotional experiences as an opportunity for closeness and teaching
- ◆ Skills in assisting children to verbally label and manage their emotions
- ◆ Skills in assisting children in problem solving
- ◆ Guiding children's behaviour with appropriate limits



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