

## Tuning into Kids



### Foster your child's emotional development

Tuning into Kids is a six-session, evidence-based program designed to help you in guiding your child to develop emotional intelligence.

It provides skills in emotion coaching, which is about recognising, understanding and managing your and your child's emotions. When children develop these emotional skills they are better able to negotiate the ups and downs of life.

Learn about:

- How to tune in to your child's emotion and their emotional experience
- How to be better at talking to your child and create opportunities for connections with your child
- New strategies to manage tricky moments
- How to help your child manage their emotions and manage conflict

While this is not a disability-specific program, it will provide families with an opportunity to use the Tuning into Kids approach to their child's specific needs. It will also provide you with a deeper understanding of brain development and the vital role a parent plays in supporting and influencing our children's decision-making choices.

#### Cost

Free

#### Date and time

7 x weekly online sessions; 2 hours each;

From Wednesday 12 February to

Wednesday 26 March to

7.30pm to 9.30pm\* AEST/NSW time

[\\*Make sure to adjust to your time zone](#)

#### Location

Online via Zoom

#### This program is for

All parents and caregivers of a child aged 4-12 years old

#### More Info

If you would like to discuss this program further, please feel free to contact Mana at [mana@plumtree.org.au](mailto:mana@plumtree.org.au)

Express your interest

