

TUNING IN TO KIDS

Supporting Emotionally Intelligent Parenting

Parenting – though no doubt rewarding – is not without its challenges. Tuning In To Kids helps parents and carers to navigate the ups and downs with greater calm and confidence.

Developed by the University of Melbourne, this six-week series nurtures the emotional connection between parents and their children. With a focus on practical skills for everyday parenting, the program will explore:

- understanding your child's emotions
- helping kids to manage their big feelings
- building opportunities for connection
- staying calm during challenging moments
- boundaries and problem-solving.

For parents and carers of children aged 2 – 10.

Program Details

6 WEEK SERIES

**WEDNESDAY
22 APRIL – 27 MAY**

7.30PM – 9.30PM

CAULFIELD LOCATION

COST: \$120

**VENUE PROVIDED ON
REGISTRATION. FURTHER
SUBSIDIES AVAILABLE FOR
FAMILIES EXPERIENCING
FINANCIAL HARDSHIP.*

Places for this small-group program are strictly limited. For further information or to register your interest, contact cbarrett@jewishcare.org.au