

Tuning in to Kids

Emotionally Intelligent Parenting

A six session parenting program for parents of children aged 3-12 years

Would you like to learn how to:

- be better at talking with your child?
- be better at understanding your child?
- help your child learn to manage their emotions?
- help to prevent behaviour problems in your child?
- teach your child to deal with conflict?



Tuning in to Kids shows you how to help your child develop *emotional intelligence*. Children with higher emotional intelligence:

- have greater success with making and keeping friends
- have better concentration at school
- are more able to calm down when upset or angry
- tend to have fewer childhood illnesses.

Where: Cranebrook Community Health Centre
Corner Laycock St and Borrowdale Way, Cranebrook, 2749

When: 6 weeks on Wednesdays starting 22nd May 2019
10:30am-12:30pm

Contact: Kathy 9834 0500 or Melinda on 4732 9400

Cost: Free

Register by contacting The Central Referral Service on 1800 222 608