

Tuning in to Kids® Parenting Group

This online parenting group provides support to help improve understanding and communication between parents and their children.

During this course, you'll learn how to:

- ✓ Strengthen the bond you share with your child.
- ✓ Better understand your child's behaviours.
- ✓ Help your child learn how to understand, express, and manage their emotions in a productive way.
- ✓ Help your child learn skills that will support them to create and maintain positive relationships in life.
- ✓ Connect with other likeminded parents who also want these outcomes.

The Tuning in to Kids® group program shows you ways to help your child develop emotional intelligence.

What is emotional intelligence?

Emotional intelligence is about using your knowledge of emotions to make decisions, calm yourself down, manage anger and conflict, and help you in relationships with people.

Emotional intelligence is learned, and a child's first teacher about emotions is their parent/carer. You can help your child develop emotional intelligence by "coaching" them, using principles researchers have found work well.

In this course, you will learn how to become an "emotion coach" for your child. Emotion coaching can help you avoid common pitfalls as you guide your children toward becoming calm and confident adults.



When does the course start?

Sessions will occur at the start of each school term. There are usually 2 groups running each term and occasionally an evening group will be offered for those unable to attend during work hours. The sessions run for a maximum of 2 hours and the course runs once a week for a maximum of 8 weeks.

Groups will take place online using Zoom. Access to stable internet, a computer, and a private space will be required to attend.

How much will this cost?

This course is completely free, the only cost is your time, and the benefits will last you a lifetime.

How do I join the next course?

Please contact Anna Lehmann, Program Coordinator, to find out when the next group will start, advise your preferred session, and to arrange an appointment with one of our group facilitators to answer any questions.

Email: annale@royalfarwest.org.au

Phone: (02) 9017 3024

We look forward to supporting you towards becoming an emotion coach.