



Tuning in to Kids

Emotionally Intelligent Parenting For Parents of Children Aged 3-12 Years

Would you like tips and strategies to:

- Better understand and communicate with your child?
- Help your child learn to manage their emotions and deal with conflict?
- Manage challenging behaviours?
- Parent anxious children?
- Raise resilient children?

Children with emotional intelligence:

- Have greater success with making and keeping friends
- Show improved concentration at school
- Have increased wellbeing

When:

Tuesdays (6 sessions)
13th May - 17th June 2025
10am - 12noon

Who:

For parents in the Eastern Suburbs of Melbourne

Where: Online - Via Zoom

Cost: Free of charge (bookings essential)

[Click here to book](#)

Queries:

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PARENT*ZONE*