

TUNING IN TO KIDS- ONLINE

FREE- Emotionally intelligent parenting to help parents remain connected to their children



DID YOU KNOW?

A set of core skills known as ‘emotional intelligence’ are associated with significantly better life outcomes. Tuning in to Kids teaches parents how to develop these skills in their children:

- To understand one’s own and others emotions and communicate how one feels in a way that builds the relationship
- The ability to identify and interact with others even when one or both people are emotional
- The ability to identify and accept emotions to increase self-care and problem solving skills.

Contact the office at Eastwood Public School to Register

When: (MORNING OR AFTERNOON)

MORNING SESSION:
Thursday 4 Feb- 11 Mar (6 Sessions)
Time: 9:30-11am

AFTERNOON SESSION:
Thursday 4 Feb- 11 Mar (6 Sessions)
Time: 1-2:30pm

Cost: Free
Where: Online-Zoom

Register by: Mon 14 Dec
(Spaces limited)

Who is it for?

Parents and caregivers of children at Eastwood Public School.