



## Tuning into Kids – Kindergarten Parent Information Sessions

Dear Parents and Carers,

You are invited to attend Tuning in to Kids Information Sessions on Thursdays in Weeks 2-6, Term 1 2021 (4/2/21-11/3/21). Tuning in to Kids® is an emotion-focussed parenting program. It provides parents and carers with skills in emotion coaching, which is about recognising, understanding and managing their own and their children's emotions. When children develop these emotional skills they are better able to negotiate the ups and downs of life. Most importantly, it is an 'evidence-based' program which means that randomised controlled research trials have shown that it makes a difference to parents and children.

The 6-week program will be run by trained facilitators from Relationships Australia, with the option to attend either a 9:30am or 1:00pm session. Each session runs for 90 minutes and will be held on Zoom in groups of 4-8 parents. If you are interested in attending, please complete the information below and return to [eastwood-p.school@det.nsw.edu.au](mailto:eastwood-p.school@det.nsw.edu.au) by **Friday 27<sup>th</sup> November**. Spaces are limited and will be offered on a 'first come, first serve' basis so please indicate your interest promptly if you are keen to attend. If selected for the group, you will be sent an email by Relationships Australia inviting you to join the Zoom session.

Krystal Webb  
R/ Deputy Principal

Cameron Jones  
R/ Principal

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If you are interested in attending please fill in these details and return to [eastwood-p.school@det.nsw.edu.au](mailto:eastwood-p.school@det.nsw.edu.au) by **Friday 27<sup>th</sup> November, 2020**. A contact email address and phone number is required to set up the Zoom link for each session.

Name of Parent attending: \_\_\_\_\_

Parent email: \_\_\_\_\_

Parent contact number: \_\_\_\_\_

I would like to attend the session at (*please tick ✓*):

9:30am every Thursday Weeks 2-6, 2021 (4/2/21-11/3/21)

**OR**

1:00pm every Thursday Weeks 2-6, 2021 (4/2/21-11/3/21)

Child's name: \_\_\_\_\_

**Each Can Serve**