



Tuning in to Kids

Tuning into Kids (TiK) is a program that provides parents and carers with skills in emotion coaching. Emotion coaching is about recognising, understanding and managing your own emotions as a caregiver as well as your children's emotions.

When children develop these emotional skills, they are better equipped to negotiate the ups and downs of life.

TiK is an evidence-based program; randomised controlled research trials have shown that it makes a difference to parents and children

DATE: Tuesday 1st August - 5th September

TIME: 6.00pm - 8.00pm

WHERE: On line Via Zoom

COST: This session is free of charge but registration is essential

BOOKINGS: For bookings and enquiries contact:
03 8641 8900 or email
parentzone.northern@anglicarevic.org.au



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FIRST™**



**City of
Whittlesea**

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