

TUNING INTO KIDS

An emotion focussed parenting program

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.

TiK is a **FREE** program run by Kids First that is suitable for parents with children aged 3 to 10 who reside in Whittlesea catchment.

Session dates and times

Session 1:	Wednesday, 2 August
Session 2:	Wednesday, 9 August
Session 3:	Wednesday, 16 August
Session 4:	Wednesday, 23 August
Session 5:	Wednesday, 30 August
Session 6:	Wednesday, 6 September

10:00am - 12:00pm

Location

Online via Microsoft Teams

For all enquiries please contact

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