

# **Tuning in to Kids**

Are you on the same wavelength with the children in your care?

Do you have children between the ages of 2-10 years in your care?

Tuning in to Kids is a 6-week program to help you tune into your children. Would you like to learn how to:

- Better tune into your child's emotions?
- Better understand your child?
- Help your child learn to manage their own emotions?
- Teach your child how to deal with conflict in their life?

Tuning in to Kids helps children:

- Calm themselves down when distressed
- Get along better with other children
- Express their emotions in more appropriate ways

# Cost

Free

### **Date**

Every Monday 20<sup>th</sup> February – 3<sup>rd</sup> April 2023 (No group 13<sup>th</sup> March)

#### Time

10AM - 12:30PM

#### **Venue**

Uniting 51 Princes Highway, Dandenong

Light refreshments will be served

## **Get in touch**

03 5990 8400 Group Workers **Bookings essential** 

