

# Tuning in to Kids - Emotion coaching

*For parents and carers of children aged  
between 2 and 10 years*

This five-week program aims to help parents and carers understand their child's experience and connect with and support their child.



This program will look at:

- managing meltdowns
- tuning in to your children's emotions to help manage behavior
- emotion coaching – helping children to understand and regulate their emotions
- problem solving and self-care
- the different styles of parenting.

**Location** Gateway Health, 155 High Street, Wodonga

**Date** Mondays from 19th February - 25th March 2024

**Time** 10am to 12pm

**Cost** This is a free program

## To Register

Scan the QR Code or [click here](#)

Please register by Thursday 15th February



For further information contact parenting team on 0457 279 796



Bookings are essential

[gatewayhealth.org.au](https://gatewayhealth.org.au)

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Please note this information applies to Term 1 2024