

Tuning in to kids (online)

For parents and carers of children aged between two and 10 years

What the program covers

- Tuning in to your children's emotions
- Learn about emotion coaching helping children to understand and regulate their emotions
- Creating connection and calm
- Managing meltdowns
- Problem solving and self-care
- The different styles of parenting



About the program:

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

Contact Information:

If you have any questions, please reach out to the Gateway Health Parenting Team at 0457 279 796 or email parenting@gatewayhealth.org.au.

gatewayhealth.org.au

REGISTER HERE



Every Friday from October 25 until
November 22 from 11am | 12pm

Online (Link to be provided)

This is a free program

gateway
health

People living well