

Tuning in to Kids

"I learned how to better manage my own emotions, and I really liked coming to this program meeting other parents and facilitators were so helpful and engaging."

Tuning in to Kids participant

Relationships
AUSTRALIA · NSW

Connecting with your kids through emotionally intelligent parenting.

Emotional intelligence isn't rocket science. It's a set of skills that can be learnt.

People who are emotionally intelligent have better life outcomes. And kids who grow up with emotionally intelligent parents are happier and healthier. Tuning in to Kids teaches you how to help your children grow their emotional intelligence.

This program is designed to help you:

- Understand their emotions.
- Communicate in a way that builds relationships.
- Relate better with others when emotions run high.
- Identify and accept their feelings and build self-care and problem-solving skills.

Program Details

Where: Online

When: Weekly, for 6 weeks
6-8pm

Wednesday, 5th August
Wednesday, 12th August
Wednesday, 19th August
Week Off

Wednesday, 2nd September
Wednesday, 9th September
Wednesday, 16th September

Cost: Free

Phone: 1300 364 277

Email: groups@ransw.org.au

Website: [relationshipsnsw.org.au/
communitybuilders](http://relationshipsnsw.org.au/communitybuilders)

Register here:

