



Family Support Network Inc.

Tuning in to Kids



FREE

Parenting Program

For Parents with children aged between 2 and 12 years

When: Starting Tuesday 19 February 2019 (6 Sessions) Finishing Tuesday 26 March

Where: At Family Support South Lismore – 41 Wilson Street, South Lismore

Time: 10am to 12.30pm

Tuning in to Kids focuses on the emotional connection between parents and children. In particular it teaches parents skills in *emotion coaching*, which is to recognise, understand and respond to children's emotions in an accepting, supportive way. Children with good emotional intelligence often have better emotional and social skills, as well as fewer behavioural difficulties.

Tuning in to Kids teaches parents:

Awareness and regulation of their own emotions

Awareness of their child/ren's emotions

How to respond appropriately to their child/ren's emotions

Facilitator Courtney Patterson

Registrations required – phone FSN on 66212489

