

# Parenting Groups at UnitingCare Community Chermside



## TUNING IN TO KIDS

### MORNING COURSE

- Monday Mornings from 10am to 12 noon .
- 11<sup>th</sup>, 18<sup>th</sup>, and 25<sup>th</sup> August, and 1<sup>st</sup> and 8<sup>th</sup> September, 2014

### WHERE

- UnitingCare Community, Level 1, 766 Gympie (cnr Sparkes and Gympie Rd) Chermside.

There will be no charge for attendance. Unfortunately we have no capacity for child minding.

## TUNING IN TO KIDS

For parents of children aged 4 to 10

*Emotional intelligence may be a better predictor of academic and career success than IQ. Tuning In To Kids shows you how to help your child develop emotional intelligence.*

Tuning In To Kids focuses on emotions and is designed to help you establish better relationships with your children. The program teaches parents simple emotion coaching skills – that is: how to recognize, understand, and manage your own and your children's emotions.

### EMOTIONALLY INTELLIGENT PARENTING

Developed by Dr. Sophie Havighurst and Dr. Ann Harley, Tuning In To Kids uses emotion coaching to strengthen the parent-child relationship, and reduce negative child behaviours.

### BOOKINGS AND INFORMATION PHONE 3624 2400

UnitingCare Community  
Level 1, 766 Gympie Road, Chermside