

#### Do you

- have difficulty managing your child's behaviour?
- want to strengthen your parenting skills?
- want to learn ways to better connect with your child?
- feel concerned about the level of conflict in your home?

*Tuning in to Kids* is a highly regarded and well-researched program that supports parents to develop and enhance their parenting skills, focusing on building the relationship between parent and child.

This six week free program provided through Relationships Australia Victoria's *early matters* program teaches parents:

- to be aware of and to regulate your own emotions
- to be aware of your child's emotions
- to use your child's emotional experiences as an opportunities for closeness and teaching
- skills to help your child verbally name their emotions
- skills to help your child to problem solve
- strategies to guide your child's behaviour with appropriate limits.



**Duration:** Six weeks for two hours each week.  
**Starts:** Tuesdays 10:00am to 12:00 noon  
11<sup>th</sup> August to 15<sup>th</sup> September  
**Where:** Sebastopol South Kindergarten, 187 Spencer St, Sebastopol  
**Register** To register your place, or for more information contact Emma on (03) 5337 9222 or email [ehoare@rav.org.au](mailto:ehoare@rav.org.au)