



MIDVALE HUB

Midvale Hub Parenting Service Perth (North East)

Tuning in to Kids

Tuning in to Kids is a 6 session program for parents with children aged 3 to 10 years.

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The program explores ways that parents can help their children develop emotional intelligence and increase the emotional connection between parents and children. Learn more about:

- developing emotion coaching skills to help children understand and regulate their own feelings and emotions
- promoting co-operative behaviour in young children
- developing parents' own emotional awareness
- managing emotions such as anger and anxiety.



MIDVALE HUB

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Shire of Mundaring Family and Children's Services

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