

# Midvale Hub Parenting Service Perth (North East)



MIDVALE HUB

## Tuning in to Kids

For parents and carers who reside in the local government areas of Mundaring, Swan, Bassendean & Bayswater

### A parenting program for parents of children aged 3-10 years

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

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 parent's own emotional awareness
- managing emotions such as anger and anxiety



<b>Where:</b>	<b>Maylands Public Library</b> 28 Eight Ave, Maylands
<b>When:</b>	Wednesdays 9, 16, 23 February, 2, 9 & 16 March 2022 <i>*Participants must be able to attend all sessions</i>
<b>Time:</b>	9.30am to 11.30am
<b>Cost:</b>	<b>FREE</b> – Registration is essential
<b>Crèche:</b>	Bookings essential. Limited places available at 'The RISE' for a minimal fee. Please enrol at <a href="http://www.bayswaterrecreation.com.au/the-rise-creche">www.bayswaterrecreation.com.au/the-rise-creche</a> and follow the booking instructions.  Online bookings can be made up to 7 days in advance. Phone: 9208 2414 during Crèche hours.

**For more information and to register, please contact:**

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Supported by



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Shire of Mundaring Children's Services