



**MIDVALE HUB
PARENTING SERVICE
PERTH NORTH EAST**

Tuning in to Kids

For parents and carers of children aged 3 - 10 years, who reside in the local government areas of Mundaring, Swan, Bassendean or Bayswater

Tuning in to Kids is a 6 session evidence based program that 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

For more information and to register:

Scan the QR code or

Midvale Hub Parenting Service (Perth North East)

Telephone: (08) 9290 6827

Email: parentingservice@mundaring.wa.gov.au

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