

# TUNING IN TO KIDS

## EMOTIONALLY INTELLIGENT PARENTING

A SIX SESSION PARENTING PROGRAM  
FOR ALL PARENTS OF CHILDREN AGED 4 TO 10 YEARS

### Would you like to learn how to:

- connect more with your child?
- help your child learn to manage their emotions?

Tuning in to Kids shows you how to help your child develop emotional intelligence.

### Children with higher emotional intelligence:

- have greater success with friendships and relationships
- can focus better at school
- are more able to calm down when upset

### Who:

Mothers, Fathers, Parents and Carers of all types

Families with a lived experience of homelessness, family violence and/or disadvantage will be prioritised for a place

### When:

Tuesdays 24th Oct to 5th Dec, 11am-1pm

### Where:

Betty Day Community Centre  
67 Argyle St, St Kilda VIC 3182

**Childminding and transport can be provided!**

For more information or to join the program, contact Sophie on (0407 346 313) or at [sophie.louchart@launchhousing.org.au](mailto:sophie.louchart@launchhousing.org.au)

Term 4  
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