

# TUNING IN TO KIDS & TODDLERS

A parenting program that can make a positive difference to your child's development



**Tuning in to Kids and Toddlers** is a six-week course that can help you to teach your child how to manage their emotions and develop emotional intelligence. Emotional intelligence is about using your emotions to guide you through the world. It is about being able to use your knowledge of emotions to:

- make decisions
- calm yourself down
- manage anger and conflict
- help you in your relationships with people
- understand what is happening in social situations
- assist you in any aspects of life that involve you and another person.

Children with higher emotional intelligence:

- have greater success with making and keeping friends
- have better concentration at school
- are more able to calm down when upset or angry
- tend to have fewer childhood illnesses

This program will help you learn how to:

- be better at talking with your child
- be better at understanding your child
- help your child learn to manage their emotions
- help prevent behaviour problems in your child
- teach your child to deal with conflict

The program is aimed at parents with children aged from 18 months to school age, however the techniques will benefit parents with children of any age. As the program is run at The Shepherd Centre, a lot of the parenting strategies and conversations also incorporate aspects of parenting a child with a hearing loss. Parents are encouraged to attend all six sessions of the program. A children's Playgroup or Kidscape group (centre dependent) will run concurrent to the parent group. For teleintervention families, this is a parent-only session.

## Group times as follows:

TERM 2 (enrolments close 13th April)			
Wollongong	Teleintervention	Macquarie	Canberra
<b>Monday</b> 11am-12pm 7th May – 18th Jun	<b>Tuesday</b> 10-11.30am 8th May – 12th Jun	<b>Tuesday</b> 10-11.30am 8th May – 12th Jun	<b>Friday</b> 10.30am-12pm 18th May – 22nd Jun

TERM 4 (enrolments close 28th September)	
Liverpool	Newtown
<b>Wednesday</b> 10.30am-12pm 24th Oct – 28th Nov	<b>Friday</b> 10-11.30am 26th Oct – 30th Nov

**TO REGISTER** visit <https://fs30.formsite.com/TheShepherdCentre/TuningInToKids/index.html>

Places are limited and not guaranteed until confirmed. For any questions, please contact your local Child and Family Counsellor on **02 9370 4400**.



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