

# TUNING IN TO KIDS AND TODDLERS

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



Who is suited to this program? ● Early intervention ● Primary school ● High school ● Adult  
How is this program offered? ● In person ● Online Telehealth

**Tuning in to Kids and Toddlers** is a six-week program 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.

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.

For any questions, please don't hesitate to contact the Program Coordinator,  
on **02 9370 4400** or **groups@shepherdcentre.org.au**

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