# Tuning into kids:

# A free four week parenting group to learn emotional coaching skills to help you recognise, understand and manage your own and your children’s emotions during difficult times. Suitable for parents of children 5- 12 years.

• Understand the relationship between children’s emotions and behaviour.

• Support children to understand strong emotions and deal with conflict

• Use children’s emotional experiences as an opportunity for closeness and teaching.

• Assist children to verbally label and manage their emotions.

• Develop skills to assist children in problem solving.

• Guide children’s behaviour with appropriate limits.

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| When  Time | Monday 28th August, September 4th, 11, and 18th  10am – 12.30pm |
| Where | Cockburn Integrated Health and Community  Cnr Beelier Drive and Wentworth Parade, Success |
|  | **Further Information and to register**  **Contact Jayne on 94113855** |
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