

Tuning in to Kids



Do you want to get to know and understand your child better?

Tuning in to kids will show you how to develop your emotional connection between you and your kids.

Specifically focusing on the developmental needs of kids, integrating a greater focus on acceptance/empathy, and helping parents and carers to manage their own responses when kids reject or push them away as the young person seeks greater autonomy.

The aim of this workshop is for adults to:

- Identify, label, and understand their own emotions
- Successfully use emotions during social interactions
- Use emotional awareness to guide oneself when solving problems and with conflict
- Deal with frustrations and be able to wait to get what they want
- Keep distress from overwhelming the ability to think
- Be in control of how and when to express feelings

Details

Six x 2 hour sessions

Face-to-face

No crèche facilities

Mondays October 14,21,28.

November 4,11,18.

Time: 9.30 - 11.30 am

Cost: FREE

Location: Centrecare - 45 Yelverton Drive,
Midland



Registration Essential

To register, phone 9436 0600

www.centrecare.com.au



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