

Tuning in to Kids®



Parenting Program



You are invited to take part in a free program that teaches Emotion Coaching skills to parents and carer's of children up to 12 years. The program will teach you to develop skills in understanding and managing your own emotions and how to respond supportively to children's emotions to strengthen connections and improve children's emotional competence and behaviour.



- 🎯 Learn how brain development impacts your child's thoughts, feelings and behaviour.
- 🎯 Build emotion coaching skills.
- 🎯 Understand how our own emotions impact how we parent.
- 🎯 Learn effective ways to respond to and validate the range of your child's emotions.
- 🎯 Get tips on how to be more mindful in your parenting approach.
- 🎯 Gain confidence in parenting and understand your parenting style.

DATE: Six Tuesday Sessions

Contact us to find out the next scheduled program

TIME: 10am to 12:30pm

LOCATION: Jane Ardler Centre, 51 - 53 Berry Street, Nowra 2541

Expressions of Interest: Contact SCMSAC 1800 267 327 and ask to speak with Kylie Skillen or email: fcs@southcoastams.org.au

South Coast
Medical Service
Aboriginal Corporation



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