



# Tuning in to Kids

FedUni Community Psychology Services presents 'Tuning in to Kids', a 6-week, well-researched parenting program for parents and carers of 3–12 year olds.

**Wednesdays 9.30am – 11.30am**

Join us every Wednesday for 6 weeks from 20 February to 27 March 2019 at

**FedUni Community Psychology Services**

Ground Floor, Gribble Building, SMB Campus, Lydiard Street South, Ballarat.

[federation.edu.au/psychologyservices](http://federation.edu.au/psychologyservices)

1800 FED UNI | [federation.edu.au](http://federation.edu.au)  
CRICOS Provider No. 00103D | RTO 4909





## Tuning in to Kids

You will learn:

- To understand the relationship between your children's emotions and their behaviour
- To support your children to manage strong emotions and deal with conflict
- To use your children's emotional experiences as an opportunity for closeness and teaching
- To gain awareness and regulate your own emotions
- How to assist children to verbally label their emotions
- How to assist children in problem solving
- How to guide children's behaviour with appropriate limits

The cost is \$100 for the 6-week course. Payment plans are available. Sessions can be funded through Medicare if eligible for a Mental Health Care Plan.

**Morning tea is provided.**

**Places are limited. Bookings are essential.**

For more information or to register contact

Kellie Wilson on **03 5327 8483** or email [psychology.services@federation.edu.au](mailto:psychology.services@federation.edu.au)

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### FedUni Community Psychology Services

SMB Campus, Lydiard Street South, Ballarat.

**Individual consultations are also available.**

