



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 in Term 3 for 6 weeks from 31 July to 4 September 2019 at

FedUni Community Psychology Services

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

federation.edu.au/psychologyservices

1800 FED UNI | federation.edu.au

CRICOS Provider No. 00103D | RTO 4909

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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.

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

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SMB Campus, Lydiard Street South, Ballarat.

Individual consultations are also available.

