

Tuning in to Kids



Tuning in to Kids is a multi-session evidence based parenting program for parents and caregivers with children aged 3 - 10 years old.

Tuning in to Kids provides a focus on the emotional connection between parents and children. The program aims to support parent's gain new skills in recognising, understanding and managing their own and their children's emotions.

The program helps parents and caregivers

- Support their children to understand their own emotions
- Work through their emotions before they become too big
- Have a closer positive relationship with their child

This program is free and delivered by a trained facilitator 1:1 or in a small group setting.

For more information or referral into the PAES programs please contact:

Coordinator | Parenting & Children's Services

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Contact us

Call: 5559 4747

Drop In: Children's Service Centre 550-600 Raglan Pde, 9am – 5pm Monday – Friday

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Interpreter service available