

# Tuning in to Kids

**Develop and enhance your parenting skills, focusing on building the relationship between you and your child.**

Do you

- have a child aged three to six years?
- have difficulty managing your child's behaviour?
- want to strengthen your parenting skills?
- want to learn ways to better connect with your child?
- feel concerned about the level of conflict in your home?

**This course teaches parents:**

- emotional intelligence and why it's important
- the five steps of emotion coaching
- different parenting styles
- anger and conflict management
- problem solving
- emotional self-care.

*Please note that only parents attend this program. Babies and children cannot be accommodated in groups.*

**Ideal for**

Parents of children aged three to six.

**When**

1-3pm on Wednesdays in 2019.  
Six sessions per group.

- July 24, 31; August 7, 14, 21, 28.

**Where**

Relationships Australia Victoria  
634 Wyndham Street, Shepparton VIC 3630

**Cost**

Free of charge.

**Bookings and more information**

To book or to find out more, call (03) 5820 7444,  
or visit [www.rav.org.au/TiKShep](http://www.rav.org.au/TiKShep)

**Relationships Australia**<sup>®</sup>  
VICTORIA