

Tuning into Kids



Foster your child's emotional development

Tuning in to Kids is an evidence-based program that helps you support your child in developing emotional intelligence.

You'll learn skills in emotion coaching—recognizing, understanding, and managing both your and your child's emotions. When children develop these skills, they're better equipped to handle life's ups and downs.

In this program, you'll learn to:

- Tune in to your child's emotions and understand their emotional experience.
- Communicate with your child in ways that build connection.
- Use new strategies to manage tricky moments.
- Support your child in managing their emotions and handling conflict.

Learn more about the [Tuning in to kids](#) program.

Cost

Free

Date and time

7 weekly online sessions; 2 hours each
From Monday 28 July to Monday 8 September,
7.30 pm to 9.30 pm AEST/NSW time
Parents/carers must attend all sessions.
[Please adjust for your time zone](#) if necessary

Location

Online via Zoom

This program is for

Parents, carers, and family members of children aged 4 -12 years.
While the Tuning in to Kids is not a disability-specific program, it will help families apply the approach to their child's unique needs.

Contact details

For more information, please feel free to contact
Mana, Parent Learning Manager, at
mana@plumtree.org.au

Secure your spot now

