

## 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

Weekly online sessions; Seven sessions, 2 hours each  
Attendance at all sessions is required.

Mondays, 26 October to Monday 7 December 2026, 10 am to 12 pm ([NSW](#), [ACT](#), [VIC](#) and [TAS](#)).

\* Please note: if there is limited interest in the daytime sessions, we may reschedule the program to the evening. We will let registered families know as early as possible if this happens.

#### Location

Online via Zoom.

Join us from anywhere in Australia!

#### 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](mailto:mana@plumtree.org.au)

## Secure your spot now

