Tuning into kids

Monday

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.

*If there is limited interest in the daytime sessions, we may reschedule the program to the evening.

Cost

Free

Date and time

Weekly online sessions; Seven sessions, 2 hours each
Attendance at all sessions is required.
Mondays, 8 February to 22 March 2027,
7.30 pm to 9.30 pm*

*Please note that all times listed are based on local time in NSW, ACT, VIC and TAS.

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

Secure your spot now

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