

Tuning In To Kids 2025

Emotionally Intelligent Parenting

A six session parenting program for
parents of children aged 3 to 8

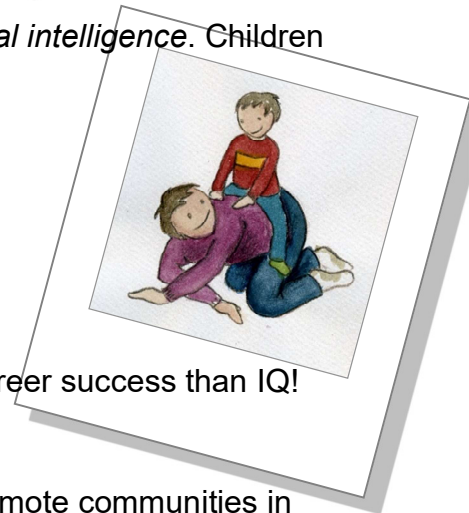
Would you like to learn how to:

- be better at talking with your child?
- be better at understanding your child?
- help your child learn to manage their emotions?
- help to prevent behaviour problems in your child?
- teach your child to deal with conflict?



Tuning in to Kids shows you how to help your child develop *emotional intelligence*. Children with higher emotional intelligence:

- have greater success with making and keeping friends
- have better concentration at school
- are more able to calm down when upset or angry
- tend to have fewer childhood illnesses



Emotional intelligence may be a better predictor of academic and career success than IQ!

Who is it for: Parents (both very welcome) who live in Rural and Remote communities in Western NSW Local Health District. If too many people are interested we will create a wait list for our next program.

Where: Via interactive live video link with psychologists from the Rural Psychology Service based in Western NSW Local Health District. You can join in from home with a computer or tablet with camera and microphone.

When: 6 weekly sessions during each of the 4 school terms in 2025. It will likely be on a Tuesday or a Thursday morning (10am to 12 noon) and one term may have an evening group instead of the morning group.

Contact: WNSWLHD-RuralPsychology@health.nsw.gov.au and give your name, phone number and message that you are interested in Tuning In To Kids.