Tuning in to Kids

FedUni Community Psychology Services presents 'Tuning in to Kids', a 6-week, well-researched parenting program for parents and carers of 3–12 year olds.

**Thursdays 9:30am to 11:30am**

Join us every Thursday for 6 weeks from 26 October to 30 November at

**FedUni Community Psychology Services**
Ground Floor, Gribble Building, SMB Campus, Lydiard Street South, Ballarat.

[federation.edu.au/psychologyservices](http://federation.edu.au/psychologyservices)
The cost is $60 for the 6-week course and payment plans are available.

**Morning tea is provided.**

**Places are limited. Bookings are essential.**

For more information or to register contact Dr Angela Gent on 5327 9617 or email psychology.services@federation.edu.au

federation.edu.au/psychologyservices

---

**FedUni Community Psychology Services**

SMB Campus, Lydiard Street South, Ballarat.

**Individual consultations are also available.**

---

**Tuning in to Kids**

You will learn:

- To understand the relationship between your children’s emotions and their behaviour
- To support your children to manage strong emotions and deal with conflict
- To use your children’s emotional experiences as an opportunity for closeness and teaching
- To gain awareness and regulate your own emotions
- How to assist children to verbally label their emotions
- How to assist children in problem solving
- How to guide children’s behaviour with appropriate limits