



Cessnock Family Support Service AND



Singleton Family Support Service presents

Tuning in to Kids

a free six session program for parents

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 aims to give you helpful ways of teaching your child the skills of *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



Venue: Cessnock Family Support Service
5 Hall Street, Cessnock

When: Six **Tuesdays** from **26th Feb** to **2nd April 2019**

Time: 10am to 12pm

How to be part of the program

Please contact Cessnock Family Support on 4990 4507 to register

(no childcare will be available for this program)