



Tuning Into Kids

Tuning Into Kids is a 6-week course aimed at parents and carers of children aged 3 to 10 years old. This course aims to promote the development of emotional competence, find ways of responding to emotions that can help children to understand, regulate, and work through their emotions.

What you will learn:



Identify and understand your child's emotions

Successfully use emotions during interactions

Use emotional awareness to guide your child when solving problems

Deal with frustrations

6-week program



Every Wednesday – In Person

10:00 AM – 12:30 PM

30th April 2025 - 4th June 2025

FEES – \$120
(\$50 concession)

BOOKINGS ARE ESSENTIAL.

A certificate of attendance is issued on completion of the course.

Call now at ☎ (02) 8843 2500 OR ✉ Email enquiries@catholiccarewsm.org.au