

Tuning Into Kids Parenting Group[®] Rockdale– 2019



**Facilitators: Libby Watson & Karen
Duncan**

When: Friday mornings commencing
Friday 31st May for 6 weeks

Time: 10am-12:30pm

Where: Integricare, 85-87 Cameron
Street, Rockdale

Cost: **FREE program** (with PSS eligibility)

Childcare: FREE childcare provided

To secure attendance a PSS group referral form is required. Please visit your GP, PSS provider, community worker, health care provider or baby nurse.

**For information please contact Libby on
0490 873 292 or Karen on 0425381680
or email:**

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karen@lilypadcentre.com

*Lilly Pilly Counselling Incorporated is a Provider
Organisation for Psychological Support Services
(PSS) program funded by Central and Eastern
Sydney PHN*

Emotional Intelligent Parenting

Learn how to.....

- Be better at talking with your child
- Be better at understanding your child
- Help your child to learn to manage their emotions
- Help to prevent behaviour problems
- Help your child manage conflict.

The program will support you in knowing how to help your child develop emotional intelligence. Helping them make and keep friends, have better concentration at school and how to calm down when upset or angry.

What is Emotional Intelligence?

Emotional Intelligence is about using your emotions to guide you through the world. It is about being able to use your knowledge of emotions to:-

- calm yourself down,
- to manage anger and conflict,
- to help you in your relationships with other people,
- to understand what is happening in social situations
- to assist you in any aspects of life that involves you and another person.

**This is a blame free safe space to share
and learn about the toughest job
in the world, parenting.**

**Suitable for or parents and caregivers of children
aged 4-12 years of age.**

