



# TUNING INTO KIDS

**Interrelate**, in collaboration with **Engadine Community Services** will be running the popular parenting program **Tuning Into Kids** over 4 consecutive weeks commencing on Thursday 23<sup>rd</sup> April.

This program helps support parents and carers understand and develop skills in emotion coaching. By learning to use emotion coaching skills, many parents and carers find their children talk to them more, want greater contact with them, and share more of their emotional experiences with them.

## This program assists participants to:

- Recognise, understand and respond to children's emotions.
- Help children understand and manage their own emotions.
- Teaches parents and carers skills in being aware of how they express their own emotions when parenting.



## BOOKINGS ESSENTIAL

Please call Interrelate on 8522 4400 for all enquiries and bookings  
**Intake call required**

## THURSDAYS

from 23 April to 14 May 2026

5.30 PM - 7.30 PM

## VENUE

Engadine Community Services  
1034-1036 Old Princes Hwy  
Engadine

## COST

\$60 for individuals  
\$90 for couples

If cost is a barrier, please contact us to discuss