



Tuning in to Kids

Emotionally Intelligent Parenting

A six session parenting program for parents of Primary School children

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 shows you how to help your child develop *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

Emotional intelligence may be a better predictor of academic and career success than IQ!

Where: The Sunshine Suite, Recklesford Children's Centre

When: Friday mornings 10am to 12:00am.

Jan 15th, 22nd, Feb 29th & 5th, 26th & March 4th

Contact:

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