



Tuning in to Kids™ for Dads (Online Course)

Develop and enhance your parenting skills, focusing on building the relationship between you and your child.

Do you

- have a child aged 12 or under?
- have difficulty managing your child's behaviour?
- want to strengthen your parenting skills?
- want to learn ways to better connect with your child?
- feel concerned about the level of conflict in your home?

This course will teach you as a dad:

- to be aware and to regulate your own emotions
- to be aware of your child's emotions
- to use your child's emotional experiences as an opportunity for closeness and teaching
- skills to help your child verbally name their emotions
- skills to help your child to problem-solve
- to guide your child's behaviour with appropriate limits.

Please note: only parents attend this program. Children cannot be accommodated in groups.

Tuning in to Kids™ for Dads is provided by Relationships Australia Victoria. The Communities for Children Initiative in Windermere is supported by the Australian Government. Visit www.rav.org.au for more information.

Ideal for

Fathers of children aged 12 or under with a connection to the Cranbourne area (place of residence, work, school, or relatives).

When

6:30-8pm on Wednesdays in 2021

- 1 September, 8 September, 15 September, 6 October, 13 October, 20 October.
- No session on 22 or 29 September.

Where

Delivered online via Zoom webinar. More information will be provided upon registration.

Cost

Free of charge (Bookings essential as places are limited).

Expressions of interest

To express your interest or to find out more, call Relationships Australia Victoria's Cranbourne Centre on (03) 5990 1900, email cranbourne@rav.org.au or visit www.rav.org.au/TiKDadsCranbourne

A brief telephone assessment will be held prior to the group, to confirm that this group is suitable for your circumstances.

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