



# Tuning in to Kids™ Dandenong



**This engaging six session parenting program is designed for parents and carers of children aged 2-10 years.**

Based on an easy-to-follow five-step emotional coaching approach, Tuning in to Kids™ empowers families to build stronger relationships and support children's emotional well-being.

Join us and make a lasting impact on your family's well-being!

By participating, you'll learn how to:

- Understand and nurture your child's emotional intelligence.
- Confidently coach your child through big feelings by tuning in to their emotions.
- Equip your child with tools to manage emotions, solve problems, and navigate challenges.
- Teach your child healthy ways to handle conflict and build resilience.

***Eligibility:** Participants must live in the City of Casey, Cardinia Shire, or Greater Dandenong. Unfortunately, we cannot accept registrations from outside these areas.*

## BOOKINGS ESSENTIAL

Scan the QR code to register

Tuning in to Kids, Term 1, 2026 – Fill out form



### COST

Free

### DATES

Thursdays

12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> February

5<sup>th</sup> 12<sup>th</sup> 19<sup>th</sup> March 2026

### TIME

10:00am until 12:30pm

### VENUE

Uniting, Dandenong  
51 Princes Hwy  
Dandenong 3175

*Light refreshments will be served*

### ENQUIRIES

P: 9704 8377

E: [groupwork.south@vt.uniting.org](mailto:groupwork.south@vt.uniting.org)