



It takes a community of superheroes to raise a child

Tuning in to Kids® is an evidence-based, emotion-focused group parenting program that focuses on the emotional connection between parents and children. The program aims to teach parents and carers skills in recognising, understanding and managing their own and their children's emotions.

<https://tuningintokids.org.au/about/what-is-tuning-in-to-kids/>

At Building Blocks Therapy, we run this program as a 7-session online course for parents/caregivers of children aged from pre-school to 12 years.

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?
- Understand the function of behaviours of concern?
- Teach your child to deal with conflict?

Details

Dates: Starting 17th July (weekly)

Time: 7:30pm - 9:30pm

Where: Telehealth

Please contact our clinic to receive a service agreement with pricing information.

Tuning in to
Kids 

