

TUNING IN TO KIDS

Emotionally Intelligent Parenting



Facilitated by qualified Psychologists, **Trisha D'Lima & Dr. Laura Ranieri**

Tuning in to Kids is an evidence-based parenting program that supports parents to develop skills in **Emotion Coaching**. Research demonstrates that parenting with an emotion coaching approach helps children and young people to better understand and **regulate** their emotions while strengthening the **parent-child relationship**.

Suitable for parents of all Primary School Aged children including those who are Neurodivergent.

Tuning in to
Kids 

What you can expect

- **Improved Emotional Awareness**
 - **Reduced conflict at home**
- **Improved Family Relationships**
- **Reduced Anxiety and dysregulation**
 - **Improved Communication**

Term 1 - 2025

6 x In-Person Sessions
Thursday Evenings

6pm - 8pm

February 13th - March 20th

\$125 per session

20% discount for second parent
Medicare Rebates may apply



Reserve your place now!

Numbers are limited

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Maple Family Clinic

Child, Adolescent & Family Psychology