

# Are you a parent of a child between 4 and 10 years old?



If you would like to learn skills to help manage your child's challenging behaviours, you are invited to a **FREE** parenting program

Online, group and one-on-one programs available, 2018-2019

Location of sessions – Flemington, Thornbury and Hawthorn

**TUNING IN TO KIDS** may assist you to:

- help your child manage difficult feelings such as worry, sadness, frustration and anger
- build your connection with your child
- better understand what underpins challenging behaviours
- stay calm when dealing with tantrums
- help your child develop social skills and reduce aggression.

For further information contact

9371 0218

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THE UNIVERSITY OF  
MELBOURNE



Programs are being run as part of a research study