

Connecting with your kids - Emotion coaching

*For parents and carers of children aged
between 2 and 12 years*



This two-hour session will provide information
on the following:

- Emotional intelligence and why it's important
- Children's brain development
- Tuning in to your children's emotions to help manage behavior
- Emotion coaching – Helping children to understand and regulate their emotions
- Different styles of parenting

Location Online (link will be provided)

Date and time Wednesday 1st May from 7pm - 9pm

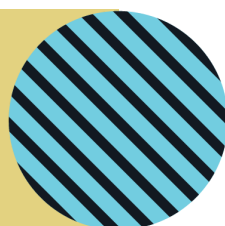
Cost This is a free information session.

To Register

Scan the QR Code or [click here](#)
Please register by Friday 8th March



For further information contact parenting team on 0457 279 796



Bookings are essential

gatewayhealth.org.au

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Please note this information applies to Term 2 2024