

All parents (K-6) are invited to attend an online seminar titled:

Emotionally Intelligent Parenting

The seminar will be facilitated by NSW Health staff and covers:

- The importance of Emotional Intelligence and the impact on wellbeing.
- An introduction to the development of children's brains in relation to emotions and their behaviour.
- The importance of identifying feelings in yourself to help your children identify and manage their feelings.
- A look at different parenting styles.
- An introduction to Emotion Coaching techniques including how and when to use Emotion Coaching with your children.



Free Online Seminar

To try and make the session accessible, the same session will be run twice.

Tuesday 27th October 6.30-8.30pm

Thursday 12th November 6.30-8.30pm

To register, please visit the Zoom Page

Tuesday 27th October: https://zoom.us/webinar/register/WN_g3VU87IbQAeSn4BQ0cAKgg

Thursday 12th November: https://zoom.us/webinar/register/WN_yfEjcXxETiqAytF-Tq1QwQ

Please note sessions are not recorded for later viewing

Parent testimonials

"The information was easy to understand & practical to implement. I tried it & it has already changed our family interactions" –
Turramurra Parent

"A very powerful way to understand your children's emotions and your own emotions to be able to connect on a much closer level" –
Allambie Heights Parent

"A great insight into a child's perspective of the world which helped me understand ways in which I could improve my parenting" –
North Ryde Parent