

Dear Parent/Carer,

### Tuning Into Parenting: Emotion Coaching Our Children


This free evidence-based programme focuses on building emotional intelligence in children by helping parents and carers learn how to better understand, connect with, and guide their child through their emotions. The aim is to create a more holistic, whole-family approach to emotional development and wellbeing.





We have successfully run our first programme and are now looking to follow this up.

We have two times on offer, and we will go with the most popular so please let us know if you prefer a morning or evening session or if you are available for either.

#### Workshop Details:

 **Start Date:** Wednesday 03<sup>rd</sup> June for our Introduction Session

 **Time:** 10am - 12pm or 5pm - 7pm

 **Location:** Coffee @ The Hub (Private Room) in Central Cheddar

 **Duration:** 5 consecutive Wednesdays until the end of term

#### What you'll gain from the workshop:

- Practical strategies to support your child's emotional development
- Improved communication and understanding between you and your child
- Tools to manage challenging behaviours through empathy and connection
- A chance to connect with other parents and share experiences in a supportive space

We would be delighted if you could join us. If you're interested in attending, or if you have any questions, please contact Sue on email [ssummers@thespacesomerset.org.uk](mailto:ssummers@thespacesomerset.org.uk) or

Phone: 07717 679712

Facilitators: Sue



Katharine

