Parent Well with the Mood Meter Program – Building Emotional Intelligence

Join Michael Grose for our 4-week online parenting course Parent Well with the Mood Meter Program

Help your kids learn to manage their emotions, improve their mental health and be happier.

Parent Well with the Mood Meter Program is the first in a series of online courses to teach you how to develop emotional intelligence in your kids:

- Mood Meter is a practical tool developed by the research team at Yale Center for Emotional Intelligence
- Gives parents and kids a common language to talk about feelings
- Empower kids to recognise and then respond to how they feel
- Teach kids self-awareness and put them in control of their emotions
- The Mood Meter is great for kids that are visual learners, particularly boys
- Suitable for all age groups

The 4-week Parent Well with the Mood Meter Program starts on 3 May.

Join now for $57 to take advantage FREE access to Parentingideas Club before the course starts on 3 May.

Or why not join Parentingideas Club for $179 annual membership and get access to Parent Well with the Mood Meter Program plus the CLUB plus other courses planned during the next 12 months.


Or contact the Parentingideas team 03 59831798
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