



Tuning in to Kids + Tuning Into Teens

Emotionally Intelligent Parenting – Term 2 2023 dates

A six-session programme for parents/caregivers of children aged 5-12 years
Tuning Into TEENS is an option for parents/caregivers of tamariki in school years 6-8 (10-13yrs)

TIK and TINT are evidence-based programmes designed to teach parents & caregivers:

- Awareness and regulation of their own and their children's emotions
- To use children's emotional experiences as an opportunity for closeness and teaching
- Skills in assisting children to verbally label and manage their emotions
- Skills in assisting children to problem solve, and guide children's behaviour with appropriate limits

Sessions include:

- Watching video material
- Group discussions and exercises
- Role plays
- Home activities to practice different ways of responding to your child's emotions
- Participants sharing their own experiences within the group

See below for courses running in Term 2 2023. It is free to attend, you must attend all 6 sessions. To sign up for a group please email the course facilitator. Please note: Tuning Into TEENS option is specifically tailored towards parents of children aged 10+

| Start date | Day/Time | Location | Facilitator contact |
|---|-----------------------------|--|---|
| April 26 th | Wednesdays 9:30- 11:30am | Waipuna, SJOG 349 Woodham Road | Liz Riley liz.riley@sjog.org.nz |
| May 2 nd | Tuesdays 7- 9pm | ONLINE | Sandra Keenan sandra.keenan@ccn.health.nz |
| May 2 nd | Tuesdays 12:45- 2:30pm | Gilberthorpe School | Tania Taylor tania@hpct.org.nz |
| May 2 nd | Tuesdays 9:30- 11:30am | St Joseph's School Papanui | Jan Nicholson Jann@mmsi.org.nz |
| May 5 th | Fridays 10am- 12pm | Knight Stream Primary | Jonathan Crosby jonathan@mmsi.org.nz |
| May 8 th | Mondays 7- 9pm | Rolleston – Venue TBC | Colleen Rountree colleen@hpct.org.nz |
| May 8 th | Mondays 5- 7pm | Whītau School | Lizi Sutherland Lizi.sutherland@barnardos.org.nz |
| May 10 th | Wednesdays 9:30- 11:30am | Shirley Primary School | Johanna Lendnal Johanna.lendnal@yat.org.nz |
| May 9 th TUNING INTO TEENS | Tuesdays 12:45- 2:30pm | Breens Intermediate | Becky Voisey beckyw@mmsi.org.nz |
| May 10 th TUNING INTO TEENS | Wednesdays 7-9pm | Youth Alive Trust – 61 Beresford St | Kim Button kim.button@yat.org.nz |