

Tuning in to Kids

Emotionally Intelligent Parenting

A six-session programme for parents/caregivers of children aged 4-12 years

Tuning in to Kids is an evidence-based programme designed to teach parents & caregivers:

- awareness and regulation of their own emotions;
- awareness of 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;
- to 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

Parents are encouraged to share experiences and ideas within the group.



If you would like further information or to sign up to attend please contact the facilitator as listed below.

Start	Day and time	Location	Contact
11 August	Wednesday 7pm	Clearview School, Rolleston	Daniela danielaj@psusi.org.nz
5 August	Thursday 10am	Heathcote Valley Community Centre	Greta Gretas@mmsi.org.nz
TBC	TBC	Shirley area	Rosalie.Sprosen@standforchildren.org.nz
26 August	Thursday 10.30am	Youth Alive Trust- New Brighton	Liz Liz.riley@sjog.org.nz
5 August	Thursday 6pm	Barnardos, Langdons road, Papanui	Paige Paige.lenton@barnardos.org.nz
11 August	Thursday 12.30pm	Hornby Community Centre	Jonathan Jonathan@mmsi.org.nz
13 August	Friday 9.30am	Phillipstown Community Hub	Bethany bethponniah@gmail.com