

# TUNING IN TO KIDS



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

**Emotionally Intelligent Parenting**

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

- How to coach a child through periods of heightened emotion resulting in emotional regulation
- 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-based activities to practice different ways of responding to your child's emotions

Parents are encouraged to share experiences and ideas within the group

## **When?**

**Time:** 7-9pm

**Dates:** Tuesday 25th October - 29th November

**Location:** Tai Tapu School  
1 School Road  
Tai Tapu

**Spaces are limited. Please contact:**

Colleen Rountree

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**for further information or to reserve your place.**



**MANA AKE**  
STRONGER FOR TOMORROW