

Tuning Into Kids

“Emotionally Intelligent Parenting”

Would you like to learn how to:

- *Be better at talking with your child?*
- *Be better at understanding your child?*
- *Help your child learn to manage their emotions?*
- *Help to prevent behavior problems with your child?*
- *Teach your child to deal with conflict?*

You are invited to join a parenting program that could make a positive difference to your child's development. *Tuning in to Kids* is a six week program for parents. It can help you teach your child the skills of emotional intelligence.

What is Emotional Intelligence?

Emotional intelligence is about using your emotions to guide you through life. It is about being able to use your knowledge of emotions to make decisions, to calm yourself, to manage anger and conflict, to help you in relationships with others and to understand social situations. When parents focus on helping their child learn about emotions, the child is more likely to have higher emotional intelligence.

Why is Emotional Intelligence important?

Children with greater emotional intelligence have been shown to:

- Have better success with making friendships and be more able to manage conflict with peers
- Have better concentration, which means they are more likely to be successful academically
- Be more able to self soothe when upset or angry
- Tend to have fewer childhood illnesses
- Have more stable and satisfying relationships as adults; and
- Have greater career success...emotional intelligence may be a better predictor of academic and career success than IQ!

Where: Presbyterian Support, 215 Tancred Street, Ashburton