

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: 9:30- 11:30 am

Dates: Thursdays, 11/8/22–15/9/22

Location: Wharenui School, 32 Matipo Street, Riccarton. (No cost)

Spaces are limited. Please contact:

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for further information or to reserve your place.



MANA AKE
STRONGER FOR TOMORROW