

# *Tuning in to Kids + Tuning Into Teens*

## Emotionally Intelligent Parenting

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)**

Tuning in to Kids + Teens are evidence-based programmes 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
- Participants sharing their own experiences within the group



See below for courses running in Term 4. It is free to attend, you must attend all 6 sessions. To sign up for a group please email the course facilitator. Please note all are Tuning Into KIDS programmes other than the one TEENS option highlighted below, this is specifically tailored towards parents of children aged 10+

Start date	Day/Time	Location	Facilitator contact
October 26th	Wednesdays 9:30am- 11:30am	Waipuna, Corner of Pages & Woodham Rd, Linwood	Liz Riley liz.riley@sjog.org.nz
October 25th	Tuesdays 7pm-9pm	Tai Tapu School	Colleen Rountree Colleen@hpct.org.nz
October 31st	Mondays 7-9pm	West Melton School	Sandra Keenan sandra.keenan@ccn.health.nz
October 27 <sup>th</sup>	Thursdays 10am-12pm	Online - ZOOM	Kelsi Thompson kelsit@psusi.org.nz
October 26 <sup>th</sup>	Wednesdays 9:15am- 11:45am	St Patricks School, Kaiapoi	Lizi Sutherland lizi.sutherland@barnardos.org.nz
October 18 <sup>th</sup>	Wednesdays 1-3pm	Gilberthorpe Primary	Tanya Taylor tania@hpct.org.nz
<b>October 25<sup>th</sup> Tuning Into TEENS</b>	<b>Tuesdays 7pm-9pm</b>	<b>71 Beresford Street, New Brighton, YAT</b>	<b>Becky Voisey beckyw@mmsi.org.nz</b>