

# *Tuning in to Teens*

## Emotionally Intelligent Parenting

A six-session programme for parents/caregivers of young people in school years 6-8 (aged 10-13)

Tuning in to Teens is a 2 hour programme run over six weeks.

Would you like to learn how to:

- Be better at understanding and talking with your teen?
- Help your teen learn how to manage their emotions?
- Help prevent behaviour problems in your teen?
- Teach your teen how to deal with conflict?

Tuning into teens teaches parents how to help their teen develop emotional intelligence – a key skill that can help them better:

- Cope with their emotions
- Become more aware and assertive in situations of peer pressure
- Have greater success in making friends and ability to manage conflict with peers
- Have more stable and satisfying relationships as adults

### Sessions include:

- Watching video material
- Group discussions and exercises
- Role plays
- Home activities to practice different ways of responding to your teen's emotions
- Participants sharing their own experiences within the group



This course is free to attend, you must attend all 6 sessions.

Spaces are limited. To sign up or for more information please email the course facilitator: [beckyw@mmsi.org.nz](mailto:beckyw@mmsi.org.nz)

Start date: 25<sup>th</sup> October 2022

Day/ Time: Tuesdays 7pm – 9pm

Location: Youth Alive Trust, 71 Beresford Street, New Brighton

Facilitators: Becky Voisey, Kim Button, & Carol Daw

# *Tuning in to Kids + Tuning Into Teens*

Emotionally Intelligent Parenting – Term 1 2023 dates

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 6-9 (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 1 2023. 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
February 20 <sup>th</sup>	Mondays 7pm- 9pm	Darfield High School	Colleen Rountree colleen@hpct.org.nz
February 22 <sup>nd</sup>	Wednesdays 10am – 12noon	ONLINE	Daniela Jolly Danielaj@psusi.org.nz
February 24 <sup>th</sup>	Fridays 9:30am-11:30am	MacFarlane Park Centre, Shirley – 19 Acheson Avenue	Becky Voisey Beckyw@mmsi.org.nz
February 22 <sup>nd</sup>	Wednesdays 9:30am- 11:30am	Waipuna, SJOG, 395 Woodham Rd, Linwood	Liz Riley Liz.riley@sjog.org.nz
February 23 <sup>rd</sup> <b>TUNING INTO TEENS</b>	Thursdays 9:30am – 11:30am	Hornby Primary School	Becky Voisey Beckyw@mmsi.org.nz