



Tuning in to Kids™

DATE , TIME & LOCATION*

14 February - 20 March (6 weeks)
6 pm - 8 pm
Presbyterian Support
215 Tancred Street, Ashburton

REGISTRATION

Please refer through
www.psuppersouth.org.nz or email
midcant@psusi.org.nz to enrol.

* Spaces are limited, however, you can request to be placed on the waitlist.

COURSE DETAILS

Tuning in to Kids™ is an evidence based programme designed to teach parents & caregivers:

- » Awareness and regulation of their own emotions
- » Awareness of their children's emotions
- » To use their children's emotional experiences as an opportunity for closeness and teaching
- » Skills to assist children with problem solving, and labelling and managing their emotions
- » To guide children's behaviours with appropriate limits

NB: Changes can occur depending on registration numbers.

Sessions include:

- » Group discussions and exercises
- » Participants sharing their own experiences
- » Practices of new learning
- » Watching video material
- » Home activities to practice responding to children's emotions