



**Presbyterian
Support**
Upper South Island

Tuning Into Kids™

DATE, TIME & LOCATION*

5 May-9 June (6 weeks)

10.00am–12noon

**Presbyterian Support
215 Tancred Street, Ashburton**

REGISTRATION

**Please refer through
www.psupsouth.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 Into 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**