

Tuning in to Kids

Emotionally Intelligent Parenting

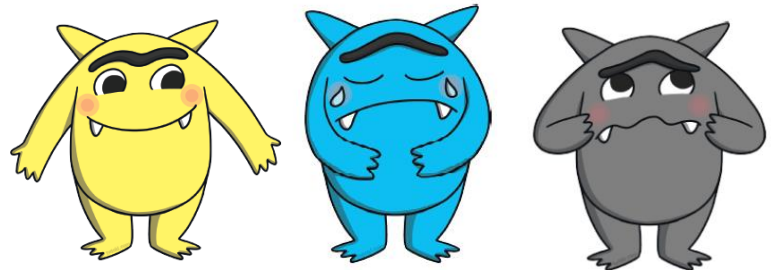
A six-session programme for parents/caregivers of children aged 5-12 years

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 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 practise different ways of responding to your child's emotions
- Participants sharing their own experiences within the group



Listed below are details of the courses running Term 3 2022. It is free to attend, you must attend all 6 sessions. To sign up for a group please email the course facilitator:

Start date	Day/ Time	Location	Facilitator
8 August	Monday 7-9pm	Prebbleton School	colleen@hpct.org.nz
10 August	Wednesday 9:30-11.30am	Waipuna- Linwood	liz.riley@sjog.org.nz
10 August	Wednesday 7-9pm	Clearview School- Rolleston	danielaj@psusi.org.nz
11 August	Thursday 9-11am	St Joseph's School- Rangoria	jonathan@mmsi.org.nz
11 August	Thursday 9.30-11.30am	Wharenu School- Riccarton	suzi.lammers@sjog.org.nz
11 August	Thursday 7-9pm	Leeston School	sandra.keenan@ccn.health.nz

If you are interested in attending a Tuning in to Kids course, but these dates or locations don't suit please email: manaakefeedback@cdhb.health.nz. You will be emailed with the details of new courses as they are released.