



Tuning in to Kids + Tuning Into Teens

Emotionally Intelligent Parenting – Term 3 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 6-8 (10-13yrs)

TIK and TINT are evidence-based programmes designed to teach parents & caregivers:

- Awareness and regulation of their own and 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, and 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 3 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: Tuning Into TEENS option is specifically tailored towards parents of children aged 10+

Start date	Day/Time	Location	Facilitator contact
Mon 31 st July Tuning Into Kids	Mondays 7pm- 9pm	Prebbleton School	Colleen Rountree colleen@hpct.org.nz
Tues 25 th July Tuning Into Kids	Tuesdays 12:45- 2:45pm	Thorrington Primary School	Janna Nicholson Jann@mmsi.org.nz
Wed 9 th August Tuning Into Kids	Wednesdays 9:30am – 11:30am	Waipuna SJOG, Cnr Woodham and Pages Rd, Linwood	Suzi Lammers Suzi.lammers@sjog.org.nz
Tues 1 st August Tuning Into Kids	Tuesdays 7pm – 9pm	<u>Online via Zoom</u> <u>LIMITED SPACES</u>	Sandra Keenan Sandra.Keenan@ccn.health.nz
Mon 31 st July Tuning Into TEENS Parents of children aged 10+	Mondays 7pm- 9pm	<u>Online via Zoom</u>	Becky Voisey beckyw@mmsi.org.nz