



**Presbyterian  
Support**  
Upper South Island

# Tuning in to Kids™

## DATE , TIME & LOCATION\*

Wednesday 8<sup>th</sup> May - 12<sup>th</sup> June  
6pm-8pm  
Presbyterian Support  
215 Tancred Street

## REGISTRATION

Please refer through  
[www.psuffersouth.org.nz](http://www.psuffersouth.org.nz) or email  
[midcant@psusi.org.nz](mailto: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