



# *Tuning in to Kids + Tuning Into Teens*

## Emotionally Intelligent Parenting – Term 2 2024 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 2 2024. It is free to attend, you must attend all 6 sessions. To sign up for a group please sign up at [manaake.health.nz/tuning-in-to-kids](http://manaake.health.nz/tuning-in-to-kids) or 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
Tues 14 <sup>th</sup> May TUNING INTO TEENS	Tuesdays 7-9pm	ONLINE	Becky Voisey beckyw@mmsi.org.nz
Wed 1 <sup>st</sup> May	Wednesdays 9:30am – 11:30am	Waipuna, St John of God 349 Woodham Road	Liz Riley liz.riley@sjog.org.nz
TBC	Tuesdays 7pm – 9pm	Rolleston Venue TBC	Daniela Jolly danielaj@psusi.org.nz
Wed 15 <sup>th</sup> May	Wednesdays 10am – 12pm	Youth Alive Trust – 61 Beresford St	Carol Daw carold@psusi.org.nz