



## *Tuning in to Kids + Tuning Into Teens* Emotionally Intelligent Parenting

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

All programmes are free to attend, you must attend all 6 sessions.  
To sign up for a group please see our full course dates on our website: [manaake.health.nz/tuning-in-to-kids/](http://manaake.health.nz/tuning-in-to-kids/)  
*Or follow the QR code:*

Registrations online will open at the end of June.

