



**Presbyterian  
Support**  
Upper South Island

# Tuning in to Kids™

## DATE, TIME & LOCATION\*

**Tuesday 29 October - 3<sup>rd</sup> December**  
**10am - 12 noon**

**Presbyterian Support, 215 Tancred  
Street, Ashburton**

## REGISTRATION

**Please refer through**  
**[www.psupsouth.org.nz](http://www.psupsouth.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