



Tuning In To Kids

Supporting children's emotional intelligence

Tuning In To Kids is an evidence-based group program that supports the emotional connection between parents and children. Developed by the University of Melbourne, the program equips parents and carers with the skills to recognise, understand and respond to their child's - and their own - emotions. By calmly recognising and responding to emotions, parents strengthen their connection with their children and help them learn how to better communicate their big feelings and regulate their behaviour.

What parents are saying about Tuning In To Kids

'It's made a huge difference - not just in my parenting, in my life.'

'Our home feels calmer lately - more peaceful and loving.'

'Such a safe and encouraging space to share and listen.'

'I feel much closer and more connected to my kids.'

'I was already a good Dad; this course helped me be a great one.'

'Brilliant - a must for EVERY parent!'

Tuesday
5 March - 9 April

6 week program
7.30pm - 9.30pm

Anne & Eric Smorgon
Active Living Centre
4 Freeman St Caulfield

\$120 per attendee

Further subsidies available for parents experiencing financial hardship

Places for this small-group program are strictly limited.
To register, email cbarrett@jewishcare.org.au

 **JewishCare**
Enriching Lives



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About the program

Session 1	<i>Raising emotionally intelligent children</i> Emotional intelligence and why it matters; the four styles of parenting; introduction to emotion coaching
Session 2	<i>Naming the emotion</i> Understanding children's development; making sense of behaviour; becoming attuned; meta-emotion
Session 3	<i>Showing empathy</i> Understanding your child's emotional experience; spotting the opportunity; the language of emotions; reflecting feelings
Session 4	<i>Coaching fear and worry</i> Understanding fear and worry; coaching kids to manage fears; relaxation and problem-solving; self-care for parents
Session 5	<i>Coaching anger</i> Understanding and responding to children's anger; managing challenging behaviour; strategies to express and regulate anger
Session 6	<i>Emotion coaching now and into the future</i> Managing fighting and conflict; sibling rivalry; key reflections and take-home messages

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