

Tuning in to Kids Parenting Program 2016



Overnewton Anglican Community College will be conducting a group-parenting program for parents of students in the Junior School and Lower Middle School during Term 2, 2016. This is our third year of running it and the parents who have participated have found it extremely useful. We cover a broad range of topics under the umbrella of parenting but primarily it is focussed on helping you assist your child in developing their emotional intelligence.

The Tuning in to Kids Program will be facilitated by Shivon Barresi one of the other school counsellors and myself, and will run over a six-week period for two hours per week.

Who: **Open to parents of Junior School children and Lower Middle School**

When: **Term 2, 2016**

Where: **Keilor Campus**

Dates of commencement: **Tuesday 19/04 (Second week of Term 2)**

Time: **6.30pm - 8.30pm**

Expressions of interest email: jacqui.garkel@overnewton.vic.edu.au

What is the Tuning in to Kids program?

Tuning in to Kids™ is a parenting program that helps children learn to understand and regulate their emotions. Previous research has found that parenting styles can influence a child's emotional intelligence. Emotional intelligence is the ability to understand and control your emotions, as well as being able to communicate to others about how you feel. Children with good emotional intelligence often have better emotional, social, and physical functioning, as well as fewer behavioural difficulties.

Tuning in to Kids™ is a parenting program that aims to give you helpful ways of teaching your child the skills of emotional intelligence. The program teaches you about how you, as a parent, can help your child develop good emotional skills. It teaches parents:

- awareness and regulation of their own emotions
- awareness of 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 in problem solving
- to guide children's behaviour with appropriate limits

Tuning in to Kids™ involves watching video material, group discussions and exercises, role-plays, reading information, and home activities where you try out different ways of responding to your child's emotions. Parents are encouraged to share experiences and ideas within the group and group leaders may use these as examples to explain and teach the skills of emotion coaching.

What is Emotional Intelligence?

Emotional Intelligence is about using your emotions to guide you through the world. It is about being able to use your own knowledge of emotions to make decisions, to calm yourself down, to manage anger and conflict, to help you in your relationships with people, to know what is happening in social situations, and to assist you in many aspects of life where you or another person are involved.

Developing Emotional Intelligence increases your ability to:

- understand and talk about emotions
- understand other people's emotions and respond with empathy
- motivate yourself optimistically – to plan, set goals and focus attention
- handle relationships successfully – problem solve around emotions and manage behaviour – including resolving conflict thoughtfully and non-violently.

For more information about the program visit www.tuningintokids.org.au

A comment from a parent who was involved in it:

I thoroughly enjoyed the last 6 weeks and the opportunity to understand how I can better connect with my children. I learnt more about my emotions and myself during this course, which directly impacted the way I was parenting my children. Initially this was confronting but it was also the key to understanding how I can relate more positively and effectively with my children, and it was all worth it. I am so much more understanding and patient with my children and with all the examples you shared and tools you offered us over the 6 weeks, I have noticed immediate results.

PLACES ARE LIMITED