

*Tuning In To Kids will be facilitated by Penny Storey, school Social Worker, who has training and experience in running the program.*

## **Tuning In To Kids – Parent Program Infant Jesus School**

**Infant Jesus School** will be offering the Tuning In To Kids parent program over six weeks, commencing in Term 3, Week 2.

**Time:** Thursdays 9-11am  
**Dates:** 3,10,17,24,31 August, 7 September  
**Place:** Kindy (to be confirmed)



***Would you like to better understand and help when your child gets upset and angry or stressed and worried?***

**Tuning In To Kids** is a research based parenting program that assists parents develop skills in emotion coaching, which is to recognise, understand and respond to children’s emotions in an accepting, supportive way.

This assists children in the development of emotional intelligence and is suitable for parents of all ages.

Tuning In To Kids was developed by the Mindful Centre for Training and Research in Developmental Health, University of Melbourne.

Evaluation has shown the program leads to positive outcomes for parents including:

- Building stronger and closer parent-child relationships
- Helping children better understand and manage emotions
- Guiding behaviour with appropriate limits
- Listening so your child will talk and talking so your child will listen

**What Parents are saying about the program:**

**“It has made me a better parent and my child is calmer and we feel closer to each other. He is also better able to manage his behaviour”**

**“This program was a life-saver for me”**

**“It’s so great to meet and talk about our kids with each other”.**

There is no cost to the program, but registrations are limited.

Register by email: [penny.storey@cewa.edu.au](mailto:penny.storey@cewa.edu.au) or contact Penny Storey, Social Worker 92761769 (Tuesday and Thursday) or complete tear off slip below:

RSVP: July 27

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### **Tuning In To Kids Parenting Group**

I wish to register for the Tuning In To Kids Parenting Group commencing on 3 August 2017.

Name: \_\_\_\_\_

Child’s Name: \_\_\_\_\_ Class: \_\_\_\_\_

Signature: \_\_\_\_\_