



Tuning in to Kids + Tuning Into Teens

Emotionally Intelligent Parenting – Term 3 2024 dates

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

See below for courses running in Term 3 2024. It is free to attend, you must attend all 6 sessions. To sign up for a group please see our website: manaake.health.nz/tuning-in-to-kids/ Or follow the QR code:



Please note: Tuning Into TEENS is an option for parents/caregivers of tamariki in school years 6-8 (10-13yrs)

Start date	Day/Time	Location	Facilitator contact
Monday 29 th July Tuning Into TEENS	Mondays 7pm- 9pm	Zoom - ONLINE	Becky Voisey beckyv@mmsi.org.nz
Wed 7 th August Tuning Into Kids	Wednesdays 7pm - 9pm	Zoom - ONLINE	Lucy Hobbs lucy.mana.ake@wellbeingnc.org.nz
Wed 7 th August Tuning Into Kids	Wednesdays 9:30am - 11:30am	Waipuna, SJOG 349 Woodham Road Linwood	Suzi Lammers suzi.lammers@sjog.org.nz
Mon 5 th August Tuning Into Kids	Mondays 12:30 - 2:30pm	Thorrington Primary Cashmere	Heather Robb Heatherr@mmsi.org.nz
Mon 29 th July Tuning Into Kids	Mondays 7pm - 9pm	Lincoln Primary School Lincoln	Hannah Marceau Hannah.Marceau@mmsi.org.nz
Thurs 1 st August Tuning Into Kids	Thursdays 12:30- 2:30pm	Youth Alive Trust, 69 Beresford St, New Brighton	Johanna Lendnal johanna.lendnal@yat.org.nz