

# Tuning in to Kids



## SYDNEY November 2015

**TUNING IN TO KIDS™**  
Emotionally Intelligent Parenting

**Thursday 19 November 2015  
to Friday 20 November 2015**

**Tuning in to Kids** is an evidence based parenting program developed by Dr. Sophie Havighurst and Ann Harley in Melbourne, with research trials conducted through The University of Melbourne. The program provides a new way of working with families that focuses on the emotional connection between parents and children. The program teaches parents skills in *emotion coaching*, which is to recognise, understand and manage their own and their children's emotions. **Tuning in to Kids** teaches parents to use children's emotional experiences as an opportunity for closeness and teaching, as well as to understand and use emotions effectively to self soothe and to use these skills to assist in problem solving and limit setting. Multiple randomised controlled trials of the program have shown that Tuning in to Kids leads to very positive outcomes including improving parenting, parent-child relationships and children's emotional competence and behaviour. The program has been particularly effective with children with clinical level emotional and behavioural difficulties.

REVIEWED AND  
RATED BY



**The California Evidence-Based  
Clearinghouse for Child Welfare**



Click  
image for  
online map

**Darlington Centre, 174 City Road, Darlington NSW 2006**



For more information please see our website  
**[www.tuningintokids.org.au](http://www.tuningintokids.org.au)**

# Tuning in to Kids

Emotionally Intelligent Parenting

Register online at: [www.tuningintokids.org.au](http://www.tuningintokids.org.au)

## Tuning in to Kids

Two days of training  
including program manual resource

19<sup>th</sup> and 20<sup>th</sup> November 2015

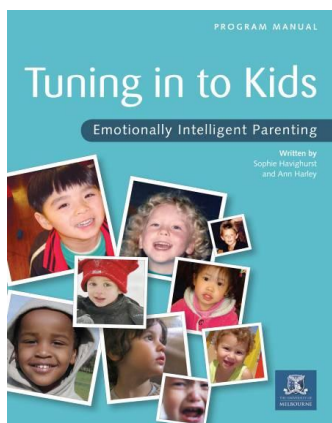
9.00am – 4.30pm

Registration

AUD \$ 695\*

Price is for a training bundle which includes  
the program manual.

## Program Manual



### WHAT IS INCLUDED IN THE PROGRAM MANUAL?

**Tuning in to Kids** is formatted as a six-session weekly program with a structured manual for group facilitators to follow. The manual includes a range of resources including comprehensive background information, session plans, session notes, printed and electronic versions of parent handouts and a DVD demonstrating the parenting skills with families from a range of cultural backgrounds. Tuning in to Kids covers key skills using direct teaching, demonstration, small group exercises, role plays and group discussion. The manual is a complete kit for use in both clinical and community settings.

## Cheque or Money Order

ONE FORM PER TRAINEE

First name

Surname

Please list any tertiary qualifications

Organisation

Street

Suburb

State Post Code

Phone

Email

**SPECIAL DIETARY NEEDS**

I would like to register for [MANDATORY]:

☐ 2-day **Tuning in to Kids** workshop AUD\$695 (*GST incl.*)  
- *Tuning in to Kids* program manual is included.

☐ I would like to purchase an additional program  
manual for @ \$190 (*GST incl.*) [OPTIONAL].

☐ I enclose a cheque/money order payable  
to The University of Melbourne [MANDATORY]

DD / MM / YEAR

SIGNATURE



CATERING IS PROVIDED EVERY DAY  
OF TRAINING – PLEASE REMEMBER  
TO COMPLETE THE DIET SECTION

To register and pay using this printable form, please print, fill out the above details and **post this entire form** with your cheque or money order to:

Mindful Centre, **University of Melbourne**, Building C, 50 Flemington Street, Travancore VIC 3032.

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