

# Tuning in to Kids



## LONDON

## University of London

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

**Wednesday 2 July 2014  
to Thursday 3 July 2014**

**Tuning in to Kids** is an evidence based parenting program developed by Dr. Sophie Havighurst and Ann Harley in Melbourne, Australia 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**

### **TUNING IN TO TEENS™** 1-day Intensive Workshop

**Friday 4 July 2014**

**Tuning in to Teens** is an extension of the Tuning in to Kids parenting program focusing on adolescence. Tuning in to Teens also targets specific skills of emotion awareness, acceptance and coaching and incorporates self-care and mindfulness. It presents parents with additional material on adolescent development and the changes and challenges that this age and stage bring to family life. The program meets a significant gap in available interventions for parents/carers of teens. In the efficacy trial, parents reported improvements in their emotion awareness and regulation, including depression and anxiety. Improvements in parenting and reductions in family conflict and youth externalising and internalising difficulties, were also reported by both parents and youth. Facilitator certificates for Tuning in to Kids and Tuning in to Teens will be presented at the conclusion of each training.

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



All workshops will be held in ROOM 994, Level 9  
**20 BEDFORD WAY, LONDON WC1H 0AL UK** **MAP**

# Tuning in to Kids

Emotionally Intelligent Parenting

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

OPTION  
**A1**

## Tuning in to Kids 2<sup>nd</sup> and 3<sup>rd</sup> July 2014

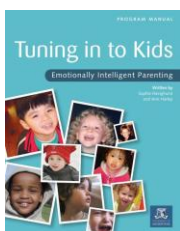
Two days of training  
Includes program manual

Registration

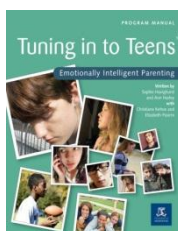
AUD \$ 795\*

APPROXIMATELY £440 (as of 04.06.2014)

Program  
Manual



Program  
Manual



**\*Currency conversions** will be performed automatically by your bank when you pay by credit card. We have estimated the price in British Pounds using the online currency calculator [xe.com](http://xe.com). Please contact your bank to find out exactly what fees you may be charged for currency conversion.

OPTION  
**A2**

## Tuning in to Teens 1-day Intensive 4<sup>th</sup> July 2014

One day of training  
Includes program manual

Registration

AUD \$ 515\*

APPROXIMATELY £286 (as of 04.06.2014)

**NOTE: THE PRE-REQUISITE FOR THE TUNING IN TO TEENS 1-DAY INTENSIVE TRAINING IS COMPLETION OF A 2-DAY TUNING IN TO KIDS TRAINING.**

OPTION  
**B**

## Tuning in to Kids & Tuning in to Teens **COMBINATION PACK** 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> July 2014

Three days of training  
Includes both program manuals

Registration

AUD \$ 1290\*

APPROXIMATELY £716 (as of 04.06.2014)

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

## WHAT IS INCLUDED IN THE PROGRAM MANUAL?

**Tuning in to Kids** and **Tuning in to Teens** are both formatted as six-session weekly programs each with a structured manual for group facilitators to follow. The manuals include 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 and Tuning in to Teens cover key skills using direct teaching, demonstration, small group exercises, role plays and group discussion. The manuals are complete kits for use in both clinical and community settings.

*'Tuning in to Kids' and 'Tuning in to Teens' are registered trademarks of the Mindful Centre for Training and Research in Developmental Health and the University of Melbourne, 50 Flemington Street, Traralgon VIC 3032, Australia.*