

Tuning in to Kids



THE UNIVERSITY OF
MELBOURNE

MELBOURNE July 2014

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, 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.

Mindful Centre, Building C, 50 Flemington Street, Travancore VIC 3032



For more information please see our website
www.tuningintokids.org.au

Tuning in to Kids

Emotionally Intelligent Parenting

Register online at: www.tuningintokids.org.au

Tuning in to Kids

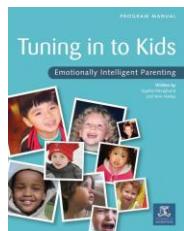
Two days of training

2nd and 3rd July 2014

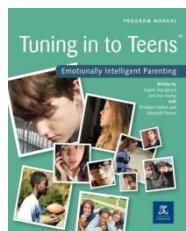
Registration AUD \$ 695

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

Program Manual



Program Manual



The **program 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 Teens

1-day Intensive

4th July 2014

Registration AUD \$ 465

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

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.

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 (tick all that apply):

- 2-day Tuning in to Kids workshop @ \$695 (GST incl.)
 1-day Tuning in to Teens workshop @ \$465 (GST incl.)

If you have only selected a Tuning in to Teens workshop:

Date I completed/will complete Tuning in to Kids workshop DD / MM / YEAR
SIGNATURE

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



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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