

Tuning in to Kids



CHRISTCHURCH 2015

TUNING IN TO KIDS™
Emotionally Intelligent Parenting

**Thursday 26 November 2015
to Friday 27 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



Presbyterian Support Centre, 44 Bealey Ave, Christchurch 8013, New Zealand

Mindful

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
including program manual resource

26th and 27th November 2015

9.00am – 4.30pm

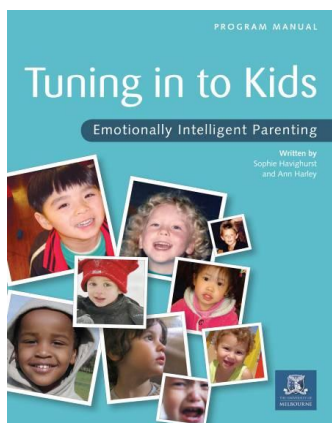
Registration

AUD \$ 630*

APPROXIMATELY NZD \$ 695 (as of 03.08.2015)

Payment is by credit card in Australian Dollars*

Program Manual



***Currency conversions** will be performed automatically by your bank when you pay by credit card. We have estimated the price in New Zealand Dollars using the online currency calculator xe.com.

Please contact your bank to find out exactly what fees you may be charged for currency conversion.

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.

International Bank Cheque option

NOT RECOMMENDED

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:

- ☐ 2-day **Tuning in to Kids** workshop AUD\$630 (GST incl.)
- *Tuning in to Kids program manual is included.*

NOTE: We do not recommend paying by cheque – your bank will charge a significant fee, and it will have to be sent via registered post. Please consider paying online with a **credit card via our website** (click).

- ☐ I enclose an internationally transferrable bank cheque payable to The **University of Melbourne**

DD / MM / YEAR

SIGNATURE



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

If you cannot register and pay by credit card, please print this page, fill out the above details and **post this entire form** with your international bank cheque to:

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

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