

Tuning in to Kids & Tuning in to Teens

For parents and carers of children and young people

Parents, Carers & Educators skills course – Mudgee, May-June 2021

Tuning in to Kids and Tuning in to Teens, developed by the University of Melbourne, offers an approach to parenting and caring which supports children and young people's emotional development and intelligence. It also provides strategies for adults to help kids through difficult moments in ways that bring children, young people and carers closer and promotes learning.

The course is suitable for;

- parents, carers, mentors and teachers of children and young people who are experiencing the usual ups and downs of growing up,
- parents and carers who are supporting children and young people who have a disability, or are recovering from trauma and difficult experiences.

Participants learn **EMOTION COACHING** principles and skills to help kids and young people....

- recognise and understand their own and other people's feelings
- talk about and manage their emotions in safe and appropriate ways
- grow in confidence in solving problems and managing disagreements

These skills are often called 'emotional intelligence', and research shows they are really important for kids. Children and young people with higher emotional intelligence:

- enjoy greater success with making friends and managing conflict with peers
- have better concentration, so they are more likely to succeed academically
- are more able to self soothe when upset or angry
- tend to have fewer childhood illnesses
- have more stable and satisfying relationships as adults; and
- have greater career success
emotional intelligence may be a better predictor of academic and career success than IQ!



Wednesdays 9.30am-11am. Seven 1½ hr sessions (May 12, 19, 26, June 2,9,16; July 7).

Tuesdays 6pm-8pm. Six 2 hr sessions (May 11,18, 25, June 1, 8, 15.)

Angela Middleton is a Social Worker who provides counselling to children, adults, families and couples with interpersonal difficulties, life transitions, and recovery from trauma. An accredited Tuning in to Kids facilitator, she enjoys supporting parents and carers in finding new parenting tools.

Kate Baker has worked with families, children and young people 13 years, across several Banardos programs, including Reconnect youth program, Brighter Futures, family support. She is an accredited Tuning in to Kids facilitator and has been delivering Tuning in to Kids over the past 3 years.

Roxanne Bader, Social Worker and Child and Adolescent Mental Health Worker is experienced in working with children and adolescents with anxiety, depression and complex mental health conditions, and their families. She has facilitated Tuning in to Kids and supported many parents, caregivers and educators.

Cost: \$235 per person for the series of sessions.

For further information contact Angela on email angelajeannmiddleton@gmail.com or phone 0412 159 591.

Register online at www.mudgeetherapyroom.com