

Tuning in to Kids

Emotionally Intelligent Parenting

Professional Training for Facilitators

10th & 11th May 2012

9.30am-4.30pm

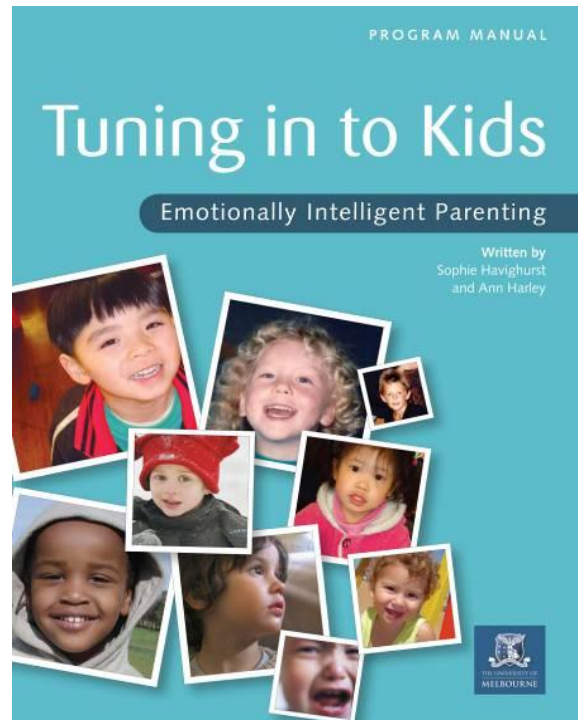
Australian National Botanic Gardens, Canberra

What is Tuning in to Kids?

Tuning in to Kids is a parenting program that helps children learn to understand and regulate their emotions. It teaches parents:

- awareness and regulation of their own emotions
- awareness of their children's emotions
- to use children's emotional experiences as an opportunity for closeness and teaching
- skills in assisting children to verbally label their emotions
- skills in assisting children in problem solving
- to guide children's behaviour with appropriate limits

The research evaluations of Tuning in to Kids have found that when parents learned these skills, they were linked to improvements in children's emotional competence, social skills and behaviour. For children with behaviour or anxiety problems, the program was particularly effective.



For further information visit:

www.tuningintokids.org.au

What is the program?

The program is a 6-session group parenting program with a structured manual for the facilitator to follow. The manual includes a range of resources, including handouts for parents (also on CD), and a DVD demonstrating the parenting skills showing families from a range of cultural backgrounds. The ideas and techniques taught in the program will be useful for parents of children of all ages, but are particularly relevant for parents of preschoolers.

What is included in the training?

The training introduces professionals to the theory and research behind the program and outlines the philosophical approach, which is a focus on valuing emotions in the parent-child relationship. The training then covers the key skills taught in the program in an experiential way.

Training is delivered through direct teaching, watching DVDs, demonstration, small group exercises, role-plays and group discussion.

Certification

Those completing the training will be certified as Tuning in to Kids program facilitators.

Who is the training for?

Parent educators, social workers, psychologists, psychiatrists, paediatricians, occupational therapists, speech language therapists, guidance officers, teachers, child care workers and others working with children and families.

Venue

Crosbie Morrison Building, Australian National Botanic Gardens, Canberra, ACT. Catering provided.

To register, please fill out our registration form and return it to us





Tuning in to Kids

Emotionally Intelligent Parenting

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Professional Training for Facilitators Registration Form

Thursday 10th & Friday 11th May
9.30 am – 4.30 pm

What is Tuning in to Kids?

This innovative and interactive evidence-based group parenting program helps parents teach their children to understand and regulate their emotions. A structured manual is used in program delivery.

What is included in the training?

The training will teach professionals the key skills taught to parents in the program using direct teaching, watching DVDs, demonstration, small group exercises, role plays and group discussion.

Location:

Crosbie Morrison Building, Australian National Botanic Gardens, Canberra, ACT.

Catering provided.

How to register:

To book a training place, please fill out the box on the right-hand side and send to *Mindful* – Centre for Training and Research in Developmental Health, The University of Melbourne, Building C, 50 Flemington Street, Flemington 3031, fax + 61 3 9371-0250, or email to mindful-info@unimelb.edu.au

For enquiries, please phone
+61 3 9371 0200



To book online with credit card, go to:
<http://ecommerce.mindful.unimelb.edu.au/product.asp?pid=63&cid=7>

PLEASE COMPLETE ALL DETAILS

First Name: _____

Surname: _____

Organisation: _____

Address: _____

Postcode: _____

Phone: _____

Email: _____

Special Dietary Requirements: _____

To become a certified Tuning in to Kids Facilitator, some graduate training is preferred: Please list any graduate qualifications:

If none apply, please contact us to discuss training in this program.

I would like to register for (PLEASE TICK ONE):

2 days of training plus the Tuning in to Kids manual @ \$660 (GST incl.)

2 days of training only @ \$550.00 (GST incl.)

Manual purchase only (GST incl.) @ \$180.00 (includes \$15.00 postage and handling).

Payment options (PLEASE TICK ONE):

I enclose a cheque/money order payable to **The University of Melbourne** OR

Please debit my credit card: Visa Mastercard

Name on card: _____

Card number: _____

Expiry date: ___ / ___

Signature: _____

Cancellation fee of \$195 applies if less than one week prior to training

Canberra, 10th & 11th May, 2012