

## A PARENTING PROGRAM TO BENEFIT ANY FAMILY

This program is backed by evidence-based research where it focuses on developing the skills in recognizing and responding to your child's emotions, conflict management and helping your child develop emotional intelligence.



*This program has been instrumental in helping parents increase understanding about themselves and their children, supporting harmony within families. Receive real support to deal with the pain and difficulty of managing your child's emotions.*

### FIND OUT MORE AND REGISTER

Places are limited in these small group sessions.

**To secure your place or ask for more information, contact Cathryn Porter on 0437999556 or email to [admin@angelschildcontactservices.com](mailto:admin@angelschildcontactservices.com)**

**[www.angelschildcontactservices.com](http://www.angelschildcontactservices.com)**

Please note – children will not be able to attend this program, please arrange babysitting before booking times.

ANGLES CHILD CONTACT SERVICES OFFER THE EVIDENCE BASED

# TUNING IN TO KIDS®

TO ALL PARENTS / CARERS OF CHILDREN AGED 3 - 12

## TUNING INTO KIDS PROGRAM



*'Tuning in to Kids shows you how to help your child develop emotional intelligence'*

The Tuning into Kids is for parents and caregivers of 3 – 10 year old child/ren, and will teach you how to manage your own and your child's emotions in ways that help you to remain close and keep communicating. By learning these skills, you are less likely to have a much conflict within your family and your child is more likely to talk to you about the challenging issues they face. These factors that have been found to reduce the risk of mental health and substance abuse problems in their later teen years.

#### **Our point of difference –**

Cathryn Porter is a trained qualified facilitator in the delivery of Tuning into Kids program. This practitioner has many years of experience working with difficulties that parents can face and understands challenges that parents face raising teens.

Our programs are kept small (groups or individuals), in a relaxed and interactive environment. All sessions are available at different hours to suit your needs to make it easier for you to attend. Refreshments will be supplied.

#### **What is Tuning into Kids?**

Tuning into Kids (TIK) is designed to support and help parents teach their children to control,

understand and express their emotions in healthy and positive ways. TIK helps parents recognise, understand and respond to their child's emotions, which in turn helps them manage their own emotions.



*Enhance your parenting skills. Learn effective ways to understand your child/ren.*

#### **Who it is for?**

We invite all parents and caregivers of children to take part. Anyone can join, no referral is required.

No judgements are passed, only open discussions about how you can enhance the optimal benefits for your family.

*From the very first session, you will gain more confidence in how to deal with your child.*

#### **What are the main benefits?**

- Develop skills in using your child's emotional experiences for closeness and teaching, being aware of your child's emotions, assisting children to verbally label and manage their emotions and problem solving.
- Awareness and regulation of your own emotions.
- Small group/individual sessions.
- 6 week program.
- Times tailored to suit family needs.
- Locations available in Ipswich and Brisbane.

#### **Upfront Costs (covers all sessions) – \$175**

Weekly payment plans are available – to be negotiated with the facilitator.

*By the end of this course, you will have the skills needed to develop a positive relationship with your child.*

#### **How to register details on back of brochure.**