

# Tuning in to Kids®



## What is it?

'Tuning in to Kids is a suite of parenting programs that focuses on strengthening the connection between parents/caregivers and their kids. When kids and parents develop skills in effectively communicating about emotions, family relationships are stronger.'

Tuning in to Kids programs are evidence-based, with the research team at Mindful (The University of Melbourne) trialling the programs in different settings for over 20 years.'

## About the programs

Type	Tuning in to Kids®	Tuning in to Teens®	Dads Tuning in to Kids™
Age group	3 - 12	10 - 17	Any age group, but specifically adapted for male caregivers
Description	<p>Tuning in to Kids teaches parents and carers to:</p> <ul style="list-style-type: none"> <li>notice children's emotions before they become overwhelmed</li> <li>accept, validate and empathise with their child's emotions</li> <li>help their child reflect upon or name their emotions</li> <li>assist the child to work through the emotion</li> <li>help their child problem solve if necessary.</li> </ul>	<p>Tuning in to Teens® is an adaptation of the Tuning in to Kids® parenting program that teaches parents and carers emotion coaching skills while focusing on the developmental needs of teenagers.</p>	<p>Dads Tuning in to Kids™ is a further adaptation of the Tuning in to Kids® parenting program that focuses on the father-child emotional connection.</p>

*Note:* This information has been obtained directly from the Tuning in to Kids website.



Visit the website

Check out the research



## Why are we advertising these programs?

We believe there is a genuine need for these types of programs across Australia. Therefore, we are considering becoming a certified 'Tuning in' facilitator to be able to deliver these programs to the Cairns community. Before doing so, we want to hear from you. We want to make sure the program/s we become certified in meet the needs and interests of our local community. For example - which program do you think Cairns has the highest need for? Would you see benefit as a parent, or do you know someone who might? How would you like to see the program run?



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