

## Tuning in to Kids™ (Emotion Coaching)

Tuning in to Kids is an evidence-based parenting program that focuses on the emotional connection between parents and children and help parents teach and support their children to understand and express emotions in appropriate ways. In particular the program teaches parents skills in emotion coaching, which is to recognise, understand and respond to children's emotions in an accepting, supportive way. This approach helps the child to understand and manage their emotions.

### The key aspects of Emotion Coaching are:

- Being aware of children's emotions
- Viewing children's display of emotions as a time for intimacy and teaching
- Helping children to verbally label the emotions being experienced.
- Empathising and validating children's emotions
- Helping children to solve problem and setting limits where appropriate.

### Frequency and Duration:

This program will consist of 6 evening sessions.

The session modules are:

- Session 1: Setting out – how to raise emotionally intelligent children
- Session 2: Naming the emotion
- Session 3: Understanding your child's emotional experience
- Session 4: Self-care, problem solving and coaching fears and worries
- Session 5: Emotion coaching your child's anger
- Session 6: Emotionally intelligent parenting – now and in the future.

Please contact the Day Program Intake Office on **03 9468 0177**.

A referral from a GP/Psychiatrist to a Northpark accredited Psychiatrist will be required. Private Health Cover is recommended to cover costs of attendance.

---

Corner Plenty & Greenhills Roads, Bundoora VIC 3083

**Phone:** 03 9468 0177 | **Fax:** 03 9468 0358

**[www.northparkprivatehospital.com.au](http://www.northparkprivatehospital.com.au)**

A Healthscope hospital. | ABN 85 006 405 152

