



headspace

Canberra

Street Level B, Building 18, University of Canberra,
170 Haydon Drive, Bruce ACT 2617

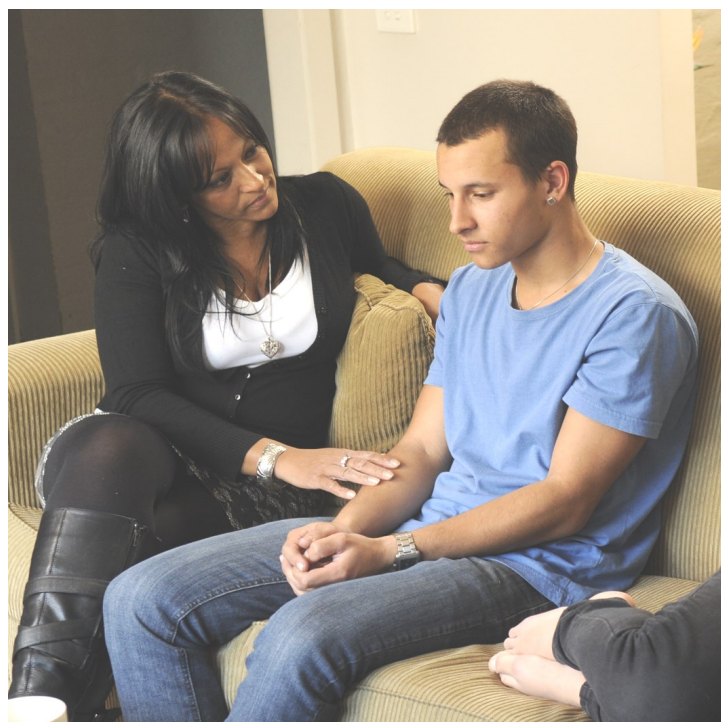
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headspace.org.au

Tuning In To Teens

Emotionally Intelligent Parenting



What

8 week course for parents and carers of adolescents

When

Tuesdays 5pm —7pm from 28 August to 16 October 2018

Where

headspace Canberra
170 Haydon Drive Bruce

Cost

\$150 (half price for the second parent/carers—\$225 total per couple).

*Fees are negotiable if cost is a barrier.

Contact

For further info or to register interest,
phone 6201 5343 or email
info@headspacecanberra.org.au

Tuning In To Teens supports you to help your adolescent develop emotional intelligence. Research shows that adolescents with higher emotional intelligence may:

- be more aware, assertive and resilient
- have greater success with making friends and managing peer conflict
- be more likely to have stable and satisfying relationships as adults

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Tuning In To Teens

Emotionally Intelligent Parenting

The Tuning In To Teens Program was developed by Melbourne University in 2012, following the success of the Tuning In To Kids Program. It is a structured, skills-based program for parents and carers and teaches skills in responding to emotions in ways that foster a closer parent-adolescent connection and enhances emotional competence in both parents and young people. The goal of the program is to help parents teach and support their teenager to understand and express emotions in appropriate ways. It is important to foster awareness and knowledge about emotions, as well as capacity for controlling, expressing or magnifying emotional responses. This helps to maximise social, behavioural, learning, cognitive, and physiological outcomes. Parents play a very important role in shaping and teaching emotional skills to their adolescents. This role, helping teens to understand and regulate their emotions, is referred to within this program as Emotion Coaching.

The evidence

The main evaluation of the Tuning In To Teens Program found that parents reported: increased awareness, acceptance and understanding of emotions in themselves and their adolescent, and greater capacity to discuss emotional issues. They reported being more able to sit with and tolerate strong emotions, were less likely to hide their feelings, and better able to model positive emotion regulation skills to their child when situations became heated. All parents described improvements in their relationships with their child, and particularly mentioned feeling closer and more connected to them, and greater satisfaction and confidence in their parenting role.

Topics covered in the program include:

- Foundations of Emotion Coaching
- Connecting and emotional acceptance
- Building intimacy and showing empathy
- Emotion Coaching adolescent worry and sadness
- Emotion Coaching and anger
- Emotion Coaching now and in the future

Attendance and Cost

The program runs over 8 sessions for parents and carers of adolescents. The program costs \$150 (half price for the second parent/carers - \$225 total per couple) which covers the cost of materials, manuals and light refreshments.