

# Tuning in to Kids



OSLO

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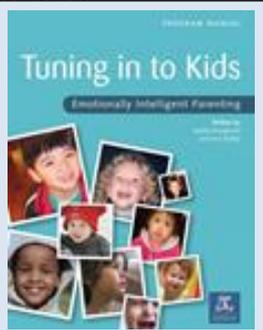
## TUNING IN TO KIDS®

Emotionally Intelligent Parenting

**Tuning in to Kids** is an evidence based parenting program developed by Associate Professor Sophie Havighurst and Ann Harley in Melbourne, Australia with research trials conducted through The University of Melbourne. The program provides a new way of working with families that focuses on the emotional connection between parents and children. The program teaches parents skills in *emotion coaching*, which is to recognise, understand and manage their own and their children's emotions. **Tuning in to Kids** teaches parents to use children's emotional experiences as an opportunity for closeness and teaching, as well as to understand and use emotions effectively to self soothe and to use these skills to assist in problem solving and limit setting. Multiple randomised controlled trials of the program have shown that Tuning in to Kids leads to very positive outcomes including improving parenting, parent-child relationships and children's emotional competence and behaviour. The program has been particularly effective with children with clinical level emotional and behavioural difficulties. A Norwegian version of the program is currently being trialled at the University of Oslo.

REVIEWED AND RATED BY  The California Evidence-Based Clearinghouse for Child Welfare

The two day training includes a structured manual



### WHAT IS INCLUDED IN THE MANUAL?

**Tuning in to Kids** is formatted as six-session weekly program with a structured manual for group facilitators to follow. The manual has a range of resources including comprehensive background information, session plans, session notes, printed and electronic versions of parent handouts and a DVD demonstrating the parenting skills with families from a range of cultural backgrounds. Tuning in to Kids covers key skills using direct teaching, demonstration, small group exercises, role plays and group discussion. The manuals are complete kits for use in both clinical and community settings. Norwegian translations of the parent handouts are available.

Registration cost:

NOK 7.000,-

[www.tuningintokids.org.au](http://www.tuningintokids.org.au)

For registration email: [post@tidlig-innsats.no](mailto:post@tidlig-innsats.no)