

# Tuning in to Kids™ & Tuning in to Teens™



## **BECOME Accredited in DARWIN**

**10 spots available for community sector professionals – see details below**

**10 spots dedicated for Melaleuca's bi-lingual community facilitators - new applicants welcome - contact Melaleuca Family Harmony team if interested in these spots.**

Melaleuca invites you to join our community facilitators and staff gain certification through this Australian designed, evidenced based, emotional intelligent parenting training.

Gain certification to offer Tuning in to Kids™ and Tuning in to Teens™ parenting groups, which are in high demand all around Australia.

Training is suitable for anyone who works with parents in a professional capacity; particularly in the family and community sector, the health and mental health sector, and the education sector.

Upskill to the Emotion Coaching approach to interpersonal relationships, to assist in dealing with existing clients and stakeholders, and even family and friends

**WHERE: Melaleuca Refugee Centre, 24 McLachlan St, Darwin**

**WHEN: 8 & 9 March - Tuning into Kids  
9:00 am - 4:00 pm**

**10 March - Tuning into Teens  
(Completion of Tuning into Kids required)  
8:45am - 4:15 pm**

**COST: Tuning into Kids - \$595 including Kids manual valued at \$175  
Tuning into Teens - \$385 including Teen Manual valued at \$175**

Note: Usual costs are \$745 per program + interstate flights



## THE PROGRAM:

**Tuning in to Kids™** offers 6 group parenting program sessions that helps children learn to understand and regulate their emotions. It is an evidence based parenting program developed by Dr. Sophie Havighurst and Ann Harley 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.

Multiple randomised controlled trials of the program have shown that Tuning in to Kids leads to 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.

**Tuning in to Teens™** is a modification of the Tuning in to Kids program for parents of adolescents. The program provides parents with a greater understanding of their teen's emotional experiences while teaching specific skills that can assist in being supportive, empathic and staying connected with the young person.

**More information for professionals and for parent participants about the program is available at <http://www.tuningintokids.org.au/>**



### Trainer : Ms Ann Harley

Ms Ann Harley (MEd, Grad Dip Ed, Dip Teach, BA) is the Training Manager for the Tuning in to Kids™ and the Tuning in to Teens™ programs at Mindful. Ann provides supervision and specialist consultation to trainees and agencies providing parenting services and has recently completed a research Master of Education at The University of Melbourne on the Tuning in to Teens™ parenting program. She has over 30 years experience in parent education, in particular in lower socioeconomic areas and with culturally and linguistically diverse communities. Along with Dr Havighurst, Ms Harley is co-author of the Tuning in to Kids™ and the Tuning in to Teens™ programs.

### To Book:

**Contact Melaleuca Refugee Centre  
08 8985 3311**

Any further questions contact:

Naomi Brown by phone: 08 89853311  
Or email: [Naomi.brown@melaleuca.org.au](mailto:Naomi.brown@melaleuca.org.au)

REVIEWED AND RATED BY



Torture and Trauma Survivors Service of the NT Inc.