



Tuning into Kids Online

Ever feel like you're missing a deeper connection with your child, or wanting to find love and joy in your parenting?

Tuning into Kids is a parenting programme for parents of children between the ages 3 and 12 who would like to find ways to help their kids through tough emotions, lessen the meltdowns, and re-establish a loving connection.

This programme is six-weeks long and as the name suggests, the programme is all about "tuning in" to our kids' emotions (as well as our own). Teaching parents how to provide emotional coaching in order to support their kids. It's through this that kids learn to recognise and understand their feelings, and with our support as parents, to manage them more independently.

Amazingly too, kids who are emotionally intelligent (ie, can generally recognise and manage their emotions) tend to do better academically, and throughout their adult career. They also tend to have better social skills, are good friends and display more positive behaviours.

We offer Tuning into Kids as six, ninety-minute sessions online for a total of \$149 or 6 one-on-one sessions for a total of \$630

Two of our team



**Kate
Jones**

Kate is a Mum of 2 and a social worker with loads of experience and a deep empathy for working with parents who have experienced trauma. She has also worked clinically across schools and with whānau directly.



**Anna
Mowat**

Anna is a Mum to 3 girls, has a background in psychology and is our Real Parent director. She works one-on-one with families as well as writes and advises for a number of national whānau and tamariki wellbeing projects.

Bookings Essential

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