

## Dads Tuning in to Kids



Dads Tuning in to Kids is an effective seven session **parenting course** that focuses on developing your child's **emotional intelligence**.

The program provides you with the skills and **strategies** to:

- Improve communication and connection with you child
- Better understand and manage emotions
- Problem solve and set limits
- Prevent or reduce problem behaviours in your child

All within a supportive environment where you can share the challenges of parenting.

**Research** shows that children with higher emotional intelligence do better in a range of life outcomes and have the **emotional competence** to respond to life events in a resilient way.

Primary Facilitator: Mr Ashley Taylor (School Teacher & Dad)

Support Facilitator: Dr Rachel Cousins (Clinical Psychologist & Mum)

Who: **Dads of children aged 2 – 12 years**

Where & When: This 7 week parenting course will run at Deco Place Croydon from 7pm to 9pm on Wednesday nights

Term 1 15<sup>th</sup> February to 29<sup>th</sup> March 2017

Term 2 10<sup>th</sup> May to 21<sup>st</sup> June 2017

Term 3 9<sup>th</sup> August to 20<sup>th</sup> September 2017

Term 4 1<sup>st</sup> November to 13<sup>th</sup> December 2017

Cost: \$250 Please note places are limited to 12 participants

Contact [ashley@decoplace.net](mailto:ashley@decoplace.net) to secure your place 0430 031 444



## Tuning in to Kids Workshop

Dr Rachel Cousins and Mr Ashley Taylor will be conducting a separate 3 hour workshop covering the basics of the TIK approach to parenting. Parents, both **Mums and Dads**, interested in understanding the significant benefits of nurturing emotional intelligence in their children are encouraged to attend. The full TIK parenting course may be offered with sufficient interest.

The TIK workshop (cost \$75) will take place 4 times in 2017 - At 5.30pm on Wednesday 8<sup>th</sup> February and Wednesday 26<sup>th</sup> July. As well as, at 2pm on Saturday the 6<sup>th</sup> of May and Saturday the 5<sup>th</sup> of August.

