

# Tuning in to Kids and Tuning in to Teens

## Zoom Training for Tasmanian Foster and Kinship Carers

Tuning in to Kids and Teens are six-session group programs. These programs are delivered by training youth mental health clinicians and child and family practitioners for Foster and Kinship Carers.

From Tuning in to Kids or Tuning in to Teens, you will:

- gain an understanding of kids and teens
- learn skills to teach kids and teens to manage their emotions
- develop better communication
- support kids and teens in a way that reduces behaviour challenges
- build techniques to teach kids and teens to deal with conflict
- develop skills to teach kids and teens the skills of emotional intelligence

**DON'T MISS OUT!  
REGISTER NOW**

Follow the QR code  
to register or go to  
[bit.ly/fosteringbmh](https://bit.ly/fosteringbmh)

**\*Spaces are limited\***



### When?

**Mondays:** 24, 31 Oct, 14, 21, 28 Nov, and 5 Dec  
Tuning in to Teens: 12:00 pm to 2:00 pm

**Tuesdays:** 25 Oct, 1, 8, 22, 29 Nov & 6 Dec  
Tuning in to Kids: 9:30 am to 11:30 am  
Tuning in to Teens: 12:00 pm to 2:00 pm

**Wednesdays:** 26 Oct, 2, 9, 16, 23 & 30 Nov  
Tuning in to Kids: 9:30 am to 11:30 am  
Tuning in to Teens: 12:00 pm to 2:00 pm

**Thursdays:** 27 Oct, 3, 10, 17, 24 Nov & 1 Dec  
Tuning in to Kids: 9:30 am to 11:30 am  
Tuning in to Teens: 12:00 pm to 2:00 pm

Tuning in to Kids is designed for caregivers of children aged 3-10.

Tuning in to Teens is designed for caregivers of children and young people between 10-18 years of age.

All sessions will be held via Zoom.

Don't see a session you can attend? Register for our waitlist here:





**Fostering  
Better  
Mental  
Health**

A six-session group program  
for Foster and Kinship  
Carers across Tasmania

## What is Emotional Intelligence?

Emotional Intelligence is about using your emotions to guide you through the world. It is about using your knowledge of emotions to:

- make decisions
- calm yourself down
- manage anger and conflict
- help you in your relationships with people
- understand what is happening in social situations
- assist you in any aspects of life that involve you and another person.

## Why is Emotional Intelligence Important?

Kids and teens with greater emotional intelligence:

- have greater success with making friendships and be more able to manage conflict with peers
- have better concentration, which means they are more likely to be successful academically
- be more able to self-soothe and manage when upset or angry
- tend to have fewer childhood illnesses
- have more stable and satisfying relationships as adults
- have greater career success ... emotional intelligence may be a better predictor of academic and career success than IQ!

When parents and Carers focus on helping kids and teens learn about emotions, they are more likely to have higher emotional intelligence. In these programs, you will learn what to do to help these skills develop.

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### OTHER TRAINING

Check out other  
learning

opportunities at

[bit.ly/fbmhlearn](https://bit.ly/fbmhlearn)

