

“

Thank you very much for teaching me strategies to help me cope. I have hope that I can grow to be a better role model now for my children.”

– Tuning in to Teens participant

“

Our home now has calmer, happier kids with less meltdowns! Thank you for [teaching me] all the wonderful tools to help me connect with and coach my kids.”

– Tuning in to Kids participant



Berry Street is proud to deliver



In partnership with



For more information

E. TuningIntoKids_Teens@berrystreet.org.au

T. (03) 5134 5971

W. berrystreet.org.au/tuning-in-to-kids-and-teens
or scan the QR code below



To access a Victorian Aboriginal Child Care Agency (VACCA) facilitated program, please contact VACCA on (03) 5135 6055.



Berry Street respectfully acknowledges the traditional custodians of the lands, skies and waterways of Australia.



Berry Street is committed to the principles of social justice. We support LGBTIQ+ communities and celebrates diversity.

Models are used in our images to protect the identities of the children, young people and families we work with.

BERRY STREET

Believing In Children, Young People, Families & Their Future.



Tuning in to Kids and Teens

Inner Gippsland

Emotion-focused group parenting programs



About Tuning in to Kids and Teens

Tuning in to Kids® and Tuning in to Teens™ are evidence-based parenting programs that focus on the emotional connection between parents and carers and their children, from pre-schoolers to teenagers.

The emotion-focused group parenting programs have proven success in improving:

- parenting
- parent-child relationships
- children's emotional competence and behaviour.

The programs were developed at Mindful - Centre for Training and Research in Developmental Health, The University of Melbourne and are delivered in partnership with Berry Street, Mindful and VACCA.

What do the programs offer?

Tuning in to Kids and Teens provide parents and carers with skills in emotion coaching, which is about recognising, understanding and managing their own and their children's emotions. When children develop these emotional skills, they are better able to negotiate the ups and downs of life.

Through group work, the program supports parents and carers to:

- be better at talking with and understanding their children
- develop new skills to achieve their personal and family goals
- help their children to learn to manage their emotions and develop their emotional intelligence
- prevent behaviour problems in their children
- teach their children how to deal with conflict.

How it works

The programs are run in small groups both online and in person during the school term. Parents and carers participate in a weekly two-hour session for 6-7 weeks.

Tuning in to Kids and Teens facilitators engage with participants through direct teaching, demonstration, small group activities, role play and group discussion.

The coaching also incorporates self-care and mindfulness activities. All families will be provided with resources on child or adolescent development, and the changes and challenges that each age and stage bring to family life.

Who is eligible?

The programs are available free of charge to families and carers in Inner Gippsland who have children aged 3 to 10 years old (Tuning in to Kids) or adolescents aged 11 to 17 years old (Tuning in to Teens).

We welcome referrals from all child, family, community, health and education services. Self-referrals are also welcome from parents and foster and kinship carers.

To register your interest in the program, please visit berrystreet.org.au/tuning-in-to-kids-and-teens or scan the QR code

