

## Tuning into Teens – Information Sheet

### What is Tuning into Teens?

Tuning into Teens is a parenting program that helps teens learn to understand and regulate their emotions. Previous research has found that parenting styles can influence a teenager's emotional intelligence.

Emotional intelligence is the ability to understand and control your emotions, as well as being able to communicate to others about how you feel. Teens with good emotional intelligence often have better emotional, social and physical functioning as well as fewer behavioural difficulties.

Tuning into Teens aims to give you helpful ways of teaching your child the skills of emotional intelligence. The program teaches you about how you, as a parent, can help your child to develop good emotional skills. It teaches parents:

- Awareness and regulation of their own emotions
- Awareness of their children's emotions
- To use teen's emotional experiences as an opportunity for closeness and teaching
- Skills in assisting teens to verbally label and manage their emotions
- Skills in assisting teens in problem solving
- To guide teen's behaviour with appropriate limits

The program involves watching video material, group discussions and exercises, role plays, reading information and home activities where you try out different ways of responding to your teen's emotions. Parents are encouraged to share their experiences and ideas within the group. The facilitators may use these as examples to explain and teach the skills of emotion coaching.

### Parent feedback:

Parents who have participated in the program have reported that they found it very useful for relating not only to their children, but also to other members of their family, their friends, colleagues and people they interact with in their lives.

The quotes below provide an indication of the range of experiences of program participants:

- "I felt we were growing apart, but now we are better connected and talking more often"
- "I was more easily able to stay connected with my 14-year-old during a very stressful time"
- "I was able to be more calm and able to handle stressful situations that happened. I have a better idea of how to handle emotions effectively"
- "I am so much more tuned in and therefore able to connect with my daughter"
- "My child was more open to share their emotions when I made the first approach"
- "I am more aware of not jumping too early into problem solving and I guess this has reinforced more independence with my child. I will sit rather than give the answer"

### To register:

Limited spots are available, and registrations are required via the link [here](#). If you would like more information, please contact **Jim Dellis**, Family Therapist at **headspace Hawthorn**. You can email [headspace.enquiries@accesshc.org.au](mailto:headspace.enquiries@accesshc.org.au) or call 9006 6500.