

6 February 2018

Dear Parent/Guardian,

Parenting Program – Tuning in to Teens

You are invited to take part in a parenting program offered at the College in 2018. It aims to help you and your daughter manage the multiple challenges many families face when children transition into adolescence.

Tuning in to Teens is a six-week evidence based parenting group-program that focuses on keeping the emotional connection between parents and adolescents while learning parent skills in emotion coaching. This program involves once weekly session that run for three hours over six weeks and will be facilitated by Faye Evans – Psychologist, PhD student and Graduate researcher at Mindful Centre for Training and Research in Developmental Health at University of Melbourne.

The program will teach you how to manage your own and your adolescent's emotions in ways that help you to remain close and connected to your child while ensuring efficient ways of communicating. By learning these skills, you will learn strategies on how to deal with conflict, problem solving and disruptive behaviours. You will also learn about neuroscience of development, and the steps to build emotional intelligence, how to become an emotion coach for your teen and how to foster confidence, self-assurance and positive mindsets in teens.

What is Emotional Intelligence?

It is having the knowledge to manage and regulate your emotions, knowing how to make decisions, calm yourself down, manage anger and conflict, improve your relationships with people, understand and interpret accurately social situations, and improve in many aspects of life where you or another person is involved. Having emotional intelligence helps build social-emotional competencies that ensures a healthy development reducing the risk of mental health issues, behavioural problems. Conflictive dynamics and school absenteeism.

This parenting program is based on the concept of Emotional Intelligence (EQ).

Why is Emotional Intelligence important?

Research has shown that adolescents with greater emotional intelligence:

- are more aware, assertive and strong in situations of peer pressure
- have more success making friends and are more able to manage conflict with peers
- are better at coping when upset or angry and have fewer mental health difficulties throughout their adolescence.

When parents focus on helping their teen learn about emotions, the young person is more likely to have higher emotional intelligence. Emotional Intelligence may be a better predictor of academic and career success than IQ. Adolescents are more stable and have the ability to establish satisfying relationships as adults and have better career outcomes.

In this parenting program we will teach parents what to do to foster these skills in their daughters and in doing so we expect teens to better manage adolescence.

If you are interested in participating in this Parenting Program please complete and return the attached Registration Form by Monday, 26 March 2018. The sessions will begin in Term 2-2018. We will offer two options for session times depending on numbers.

Group 1: Tuesday mornings 9.00am – 12.00pm

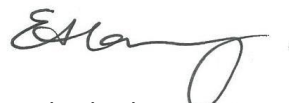
Group 2: Tuesday evenings 6:00pm – 9.00pm

Once we gather all registration forms we will contact you with further information. If you have any questions, please feel free to contact the Registrar Ms Carmel Brewster on 9331 9308.

Yours faithfully



Mrs Faye Evans
Psychologist



Elizabeth Hanney
Principal



REGISTRATION FORM

Parenting Program – Tuning in to Teens

Please complete this form and return to the College by Monday, 26 March 2018.

Yes, I would like to participate in this program and provide the following information:

Student Name: _____ Age: _____ Year: _____

Parent Name Attending: _____

Contact Number: _____

My preference is: (please tick ONE group below)

TERM 2

Group 1: Tuesday mornings

Time: 9.00am – 12.00pm

Dates: 8 May, 15 May, 22 May, 29 May, 5 June and 12 June 2018.

Group 2: Tuesday evenings

Time: 6.00pm – 9.00pm

Dates: 8 May, 15 May, 22 May, 29 May, 5 June and 12 June 2018.