

Tuning in to Kids®

Emotionally Intelligent Parenting

A parenting program for parents of children; 1, 2 and 3 class

Learn how to be better at:

- talking with your child
- understanding your child
- helping your child manage their emotions
- preventing behaviour problems in your child
- teaching your child to deal with conflict.

Tuning in to Kids® shows you how to help your child develop emotional intelligence.

Children with higher emotional intelligence:

- have greater success with making and keeping friends
- have better concentration at school
- are more able to calm down when upset or angry
- tend to have fewer childhood illnesses.

Emotional intelligence may be a better predictor of academic and career success than IQ!

Where: Smeaheia skole.

When: Tuesdays 2 - 4 pm.

Dates; 15/10, 22/10, 29/10, 05/11, 12/11 and 19/11

Contact; Kjetil helsesykepleier for more info and registration; kjetil.moseid@sandnes.kommune.no

The course is free and there is room for a maximum of 15 parents.

The course is only available for Norwegian and English speaking parents.



