



## Tuning in to Kids: Emotionally Intelligent Parenting

Dear Parent/Carer

You are invited to join a parenting program that could make a positive difference to your child's development. *Tuning in to Kids* is six-week group program for parents. It can help you to teach your child the skills of emotional intelligence.

### What is Emotional Intelligence?

Emotional Intelligence is about using your emotions to guide you through the world. It is about being able to use your knowledge of emotions to make decisions, to calm yourself down, to manage anger and conflict, to help you in your relationships with people, to understand what is happening in social situations, and to assist you in any aspects of life that involves you and another person.

### Why is Emotional Intelligence important?

Children with greater emotional intelligence have been shown to:

- 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 when upset or angry
- tend to have fewer childhood illnesses
- have more stable and satisfying relationships as adults; and
- have greater career success ... emotional intelligence may be a better predictor of academic and career success than IQ!

When parents focus on helping their child learn about emotions, the child is more likely to have higher emotional intelligence. In this parenting program we will teach parents what to do to help these skills develop.

### Program details

The program will run will be six two hour session. It will be held at **Preston School Friday mornings 9.30am to 11.30am**. The groups will begin in on **Friday 10<sup>th</sup> June** and run for **six two-hour sessions** one night a week from **9.30pm to 11.30pm** at **Preston School**. The final session will be Friday 15<sup>th</sup> July.

If you have any questions regarding the program, or would like to secure a place, please contact us using the details below. We look forward to hearing from you.

Yours sincerely

*Clare & Sharron*

Program Facilitators

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