

Hambridge
Langport
Somerset
TA10 0AZ
Tel: 01460 281370



'Being The Best We Can Be'

Happiness
Care
Perseverance
Success

E-mail: office@hambridge.ppat365.org

Website: www.hambridge.somerset.sch.uk



Friday 10th January 2025

Dear Families,

What is Tuning in to Kids?

Tuning in to Kids® (TIK) teaches parents and carers skills in emotion coaching. Emotion coaching is a way of responding to emotions that can help children to understand, regulate and work through their emotions so that they manage their behaviour and respond in socially appropriate ways. The program teaches parents to notice children's emotions, especially before emotions have become overwhelming for the child. Parents and carers are encouraged to accept, validate and empathise with their child's emotions, help reflect upon or name the emotions being experienced, and if necessary, assist the child to work through the emotion and problem solve.

TIK teaches parents/carers skills in being aware of how they express their own emotions when parenting. Children watch and copy how the people who raise them express emotions and so it is an important part of what benefits children. By learning to use emotion coaching skills, many parents and carers find their children talk to them more, want greater contact with them, and share more of their emotional experiences with them.

When are these sessions running?

- Thursday 27th February- 9.30-11.30
- Thursday 6th March- 9.30-11.30
- Thursday 13th March 9.30-11.30
- Thursday 20th March 9.30-11.30
- Thursday 27th March 9.30-11.30
- Thursday 3rd April 9.30-11.30

Venue: Huish Academy

If you would like to attend, please let Mrs Allen know in the school office, by Friday 17th January.

Kind Regards,

Miss Tucker

SENCO

