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## Parent and family Support Advisors





# Tuning in to Kids

*Mindful*

Authors – Dr Sophie Havighurst & Ann Harley

Emotion and relationship focussed program that teaches parents **emotional awareness, understanding and regulation** to develop children's emotional competence.

Program - Six sessions, two hours, delivered weekly – 2 booster sessions

### **Tuning in to Kids Preschool program:**

Pilot study: Parenting Research Centre (2001-2003)

Randomised controlled trial (RCT) efficacy (2006 – 2009) – community and behaviour problem sample

RCT effectiveness trial in Knox Council Region (2009-2010) – community sample of pre-schoolers

### **Dads Tuning in to Kids**

Pilot study (2010-2011) RCT efficacy (2012-2015)

### **Tuning in to Kids – Austin/Bendigo CASEA RCT**

Prep-grade 3 children with behaviour problems (2007-2011) Comparison of TIK and a behavioral parent program

Part of a larger intervention (school, child, CAMHS)

### **Tuning in to Teens**

RCT - efficacy trials

### **Tuning into Toddlers**

Pilot trial completed and RCT efficacy trial underway

### **Trauma Focused – TIK**

Completes Pilot trial

TIK is currently being evaluated with **parents of anxious children** & with **parents of children with a chronic illness**



# Training and Delivery

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- **Training** – May 2015 – 2 days Kids + 1 day Teens
- **Delivery** – approximately 1 program every half term
  - Dads Tuning in to Kids
- **Future** - Train the Trainer

# Qualitative Evaluation

Parents reported benefits of participation included:

- learning about emotion coaching
- increased empathy with their child
- improved emotional connection to their child
- becoming less dismissive in their parenting
- improved emotion skills in child
- self and/or child being calmer
- sharing their experiences with other parents

Parents found emotion coaching was:

- easy to understand
- took practice to implement



## *Parents.....*

'I was able to remain calmer'

'Better relationship between us, we spend more time together'

'It was hard at first to get into the mindset of a teenager, but once there I could understand how the emotion coaching works'

'Takes lots of practice, we are both happier, more confident and have a better relationship'

'My teenager is able to deal with problems better'

'Calmer me, calmer child'

"WOW practiced what you taught = calmer me and calmer child!"

'I am making more time for myself and my child'

Parent in a recovery program , 'emotion coaching fits in really well with my steps program. I've recognized where I can make changes'

'My relationship with my ex partner has improved, never thought that would happen!'

## *Child.....*

'Where's my Mum gone!'

'It really helps my Mum, we can speak more and get on'

'The guided relaxation helped me go to sleep but made me giggle!'

'My mum wasn't sure to come but I told her it was helping so she did and its better.'