

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 a four-week group program for parents. It can help you to teach your child the skills of emotional intelligence. This letter is to give you some information regarding what the group is about.

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 each Monday throughout November for two hours at a time. It will be held at Uniting Country SA, 22 McRitchie Crescent between 12:30pm-2:30pm.

If you would like to register, or have any questions regarding the program, please call me on 8649 0817 or email at james.lee@ucsa.org.au.

Yours sincerely

James Lee

Family Educator – Uniting Country SA