



www.evolveroles.com.au
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TUNING INTO KIDS/TEENS REGISTRATION FORM

PARENT DETAILS

NAME: _____ Mother/ Father _____

ADDRESS: _____

EMAIL: _____ (Mobile) _____ (Work) _____

DATE OF BIRTH: _____ Do you speak any other languages? _____

NAME: _____ Mother/ Father /relationship to above _____

ADDRESS: _____

EMAIL: _____ (Mobile) _____ (Work) _____

DATE OF BIRTH: _____ Do you speak any other languages? _____

FAMILY INFORMATION - List all Children/Teens - name, age, school & school year level:

SIGNIFICANT/RELEVANT FAMILY EXPERIENCES: (for example migration, changes of home/schools, significant family events, grief & loss, family history of disability, family relationships, mental illness etc)

CURRENT THERAPY: Are you or your children currently having therapy? € Yes € No
What has helped? What hasn't helped?

HOW DID YOU HEAR ABOUT TUNING INTO KIDS/TEENS

WHAT WOULD YOU LIKE TO GAIN FROM DOING TUNING INTO KIDS/TEENS

WHAT OTHER PARENTS SAY ABOUT TUNING INTO KIDS/TEENS WITH Jane:

- *We were out with friends and our teen daughter said to them - you should do this program that Mum and Dad are doing..it's been really good for us.....*
- *Thank you so much... you have made a huge contribution to our family's closeness and fun"*
- *This program should be as compulsory as other childhood support services.*
- *It helps me think about being calm and from their point of view; last year we spent a lot of time being distressed because he was miserable. It improved my worries about my kids.*
- *Gives you a method of doing things to help with their intense emotions rather than dismissing them. It's challenging to not be dismissive as modelled by our parents. We feel more optimistic.*
- *It is helpful in a group - it like the purpose of having a mother's group - other people are feeling the same very challenging things also - It helped me feel like a normal parent and not so dragged down by guilt and shame. The practicing in the sessions really helps.*
- *Sharing experiences ~ helps in a different way ~ because it's in a group, I was able to share my not so finest parenting moments and move on. We were able to laugh together about some of our parenting "mistakes".*

Last year my family hit rock bottom. After a series of ill timed major life changes we were not coping. With 2 children, a 7 year old, who is High Functioning ASD and a 5 year old, we found these changes particularly challenging. Coping with the 7 year old's daily hour long meltdowns became almost impossible. As she screamed longer and louder, so did I. When Jane suggested I attend the Tuning Into Kids classes, my life changed. She wasn't wrong when she described it as the Rolls Royce of parenting classes. I learnt more empathy, patience and resilience. I learnt to listen before offering solutions. I thought I was an attentive parent and was shocked to realise I was sometimes dismissive. The results have been beyond my expectations. Since attending Tuning Into Kids, I have been able to tailor my parenting skills to better assist both my daughters with expressing their emotional needs. I have seen a great change in both their emotional responses to difficult situations. I find I am able to support them when needed. All three of us are calmer and better communicators with family and friends. The dramatic change has been evident during Coronavirus lock down. Such challenges would have set us all in a spin in the past but instead home schooling and working from home full time were met with calm, less chaotic emotional responses. I can't thank Jane enough for the life changing skills

she has taught me and my family. I'd recommend *Tuning Into Kids* to anyone with an emotional household.

A PRE-GROUP MEETING IS HIGHLY RECOMMENDED:

A pre-group family session is highly recommended so that your family dynamics, your parenting strengths and difficulties can be better understood & the program customised to your needs. Children can feel defensive about coming to these sessions - often because they worry they might be judged, criticised, not respected or not listened to. To overcome this hurdle here's a script to explain the sessions to kids that might be helpful:

I get it that it can be worrying to have to go to a family session like this and open up to a stranger. Jane has assured me that the reason is so that you can help her to help me/us. You can really help Jane to help me/us by being open with her about what we struggle with. You won't be judged or criticised. It really helps her to hear your ideas about what would help us as parent/s so that we as a family can have better times together. You can help Jane understand how best to help us get the most out of the parenting program.

OPTIONAL PREP

Reading John Gottman Heart of Parenting Chapter 1 (& other child/teen specific sections)

YouTube Dr John Gottman - Raising an Emotionally Intelligent Child

Dr. John & Dr. Julie Gottman Discuss Tools for Parenting with Emotion Coaching

Google Sophie Havighurst re Tuning into Kids/Teens.

Ted Talk Brene Brown on Vulnerability (Shame & Guilt).

WHEN WHERE HOW?

Times: 11 - 1pm, Fridays 16, 23, 30th Oct, 6, 13, 20, 27th Nov & 4th Dec
7 - 9 pm, Wednesdays 21, 28 the Oct, 4, 11, 18, 25th Nov & 2, 9th Dec
Minimum attendance of 7 sessions is required.

How: By Zoom Video Conferencing

Where: As soon as we can meet "In Person" sessions will be at
Eastbourne Consulting Suites, 62 Wellington Pde, East
Melbourne, Vic 3002

Numbers: Places limited to 6 participants. Mothers/Fathers/Guardians/Couples

Cost: \$100 per session per parent, \$150 for 2 parents. **Fee Includes a folder with the TIK/Ts Session Info, worksheets & reading materials posted to you.**

Pre-group family session is \$170 (\$185 after 6pm)

OUR AGREEMENT

I/We understand that I/We am/are enrolling in a package program of 8 sessions (minimum 7 sessions), to learn the Tuning into Kids/Teens approach of being an Emotion Coaching Parent.

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The full cost of each session is \$100 for one parent or \$150 for couple parents. The total package cost for the 8 sessions is therefore \$800/\$1200. Parents are billed at the end of each month. The TIK/Teens folder, handouts, worksheets, reading material & postage are included in the fees.

Appointment fees for the pre-group meeting are \$170 before 6pm and \$185 after 6pm.

Parents/Guardians your privacy and confidential treatment are important to me. I work within all the relevant legislation that governs my practice and within the ethical frameworks of the organisations I am a member of. Please query what you need to and ask me about these or other matters. Also note that with Telehealth sessions this will require you to protect the privacy and confidentiality of the others in your group.

Name/Signature Parent: _____
_____ Date: _____

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_____ Date: _____

Please return to Jane Maher at evolvingroles@gmail.com by **Friday 18th September**.