Tuning in to Kids (TIK)

TARGET AUDIENCE
This program is delivered to parents of youth who are 18 months to 18 years old and is intended to impact parents and children.

SUMMARY
Tuning in to Kids™ (TIK), a community- or school-based program, is designed to strengthen parent-child relationships and teach parents skills that they can use to help their children learn to understand and manage their own emotions.

EVIDENCE
Several randomized controlled trials of TIK by program developers have shown that program participants experienced improvements in their own emotion awareness and regulation; increases in emotion coaching, use of emotion labels, and discussion of causes and consequences of emotions with their children; increases in empathy; and decreases in emotionally dismissive beliefs and behaviors. In addition, child emotional knowledge improved, and reductions in child behavior problems were reported by parents and teachers.

COMPONENTS
TIK focuses on improving parents' emotion responsiveness and coaching skills and increasing parents' emotional competence, which can, consequently, help to develop and strengthen their children's emotional intelligence. The TIK program supports the belief that greater emotional intelligence allows children to understand and control their emotions and communicate to others about how they are feeling. The program promotes the following concepts.

- Develop parents' awareness and regulation of their own emotions;
- Increase parents' awareness of their children's emotions;
- Encourage parents to use children's emotional experiences as a chance to be close with them and teach them useful skills;
- Provide parents with skills to help children verbally name and manage their emotions;
- Offer parents instruction on skills that can help children solve their own problems; and
- Instruct parents on how to guide children's behavior within suitable limits.

TIK is delivered in a group format of up to 14 participants in a community population or up to 6 participants in a higher need or clinical population. During sessions, parents are taught to manage a range of children's emotions from lower intensity feelings to more powerful reactions, such as anxiety and anger. Problem-solving and emotion regulation strategies, such as slow breathing, relaxation, self-control, and ways to safely express anger, are discussed. Participants watch videos; engage in group discussion, activities, and role play; and read information. Home activities allow parents to practice different ways of responding to their children's emotions. Parents can share their experiences with the group, and leaders can use these examples to explain and teach emotion coaching skills.

PREVIOUS USE
Previous use information was not located.
Tuning in to Kids (TIK)

TRAINING

This program is delivered by facilitators who have a bachelor's or master's degree in a field, such as psychology, social work, occupational therapy, psychiatry, nursing, speech-language therapy, or medicine. Required 2-day, on- or off-site professional development training workshops are available. Cost is approximately $770 per person and includes the program manual. For more information, please visit www.tuningintokids.org.au/events/category/professionals-calendar/ or contact Ann Harley by phone 613-9371-0210 or email aeharley@unimelb.edu.au

CONSIDERATIONS

Considerations for implementing this program include understanding that the program, training, and events are based in Australia; coordinating facilitator training; finding a location to hold weekly sessions; obtaining media requirements, including a DVD player and TV; and arranging for free childcare, if needed.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

IMPLEMENTATION

If you are interested in implementing TIK, the Clearinghouse is interested in helping you!
Please call 1-877-382-9185 or email Clearinghouse@psu.edu

TIK is implemented in weekly, 2-hour sessions. Number of sessions ranges from six for the general community to eight for clinical or high-need participants. One to two booster sessions are also recommended for all groups.


EVALUATION PLAN

To move TIK to the Effective category on the Clearinghouse Continuum of Evidence at least one evaluation should be performed demonstrating positive effects lasting two years from the beginning of the program or one year from program completion, and an external evaluation must be conducted that demonstrates sustained, positive outcomes. This study must be conducted independently of the program developer.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

CONTACT

Contact the Clearinghouse with any questions regarding this program.
Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu

You may also contact Tuning in to Kids by mail Mindful Centre for Training and Research in Developmental Health, Department of Psychiatry, The University of Melbourne, Building C, 50 Flemington St, Flemington Vic 3031, Melbourne, Australia or contact Dr. Sophie Havighurst by phone 613-9371-0200, email sophie.h@unimelb.edu.au, or visit www.tuningintokids.org.au/contact-us/

SOURCE