



School Counsellor Newsletter

Edition 37

Parenting Courses through Mana Ake

Being a parent is easily the most rewarding but equally the most challenging role I have taken on in my life. Parenting is indeed a rollercoaster journey where I learn along the way, and through which I am often getting things right as much as I feel I get them wrong. As parents we often focus on when we feel we get things wrong rather than celebrating when we get things right for our children. Of course getting things wrong or making a mistake is how we learn and grow as parents. This is where available resources and courses can make such a difference.

Mana Ake – Stronger for Tomorrow is an organisation that is making a difference, not only for children/tamaraki but for their parents and whānau as well. From their website Mana Ake – Stronger for Tomorrow describes itself as providing support to children in Canterbury, in Years 1 to 8 at school, promoting wellbeing and positive mental health. Support is provided to children at school and at home and advice, guidance and workshops are provided for parents, whānau and teachers.

[Mana Ake – Stronger for Tomorrow](#) offers parenting courses. See below for the details of the Term 3 parenting course: **Tuning into kids: Emotionally intelligent parenting**. If this is something you feel you would benefit from please make contact via the email provided for the course you are planning to attend. Please also feel free to contact me if I can help you with any questions about the course or how to join.

Tuning in to Kids

Emotionally Intelligent Parenting

A six-session programme for parents/caregivers of children aged 4-12 years

Tuning in to Kids is an evidence-based programme designed to teach parents & caregivers:

- awareness and regulation of their own emotions;
- awareness of their children's emotions;
- to use children's emotional experiences as an opportunity for closeness and teaching;
- skills in assisting children to verbally label and manage their emotions;
- skills in assisting children to problem solve;
- to guide children's behaviour with appropriate limits.

Sessions include:

- watching video material
- group discussions and exercises
- role plays
- home activities to practice different ways of responding to your child's emotions

Parents are encouraged to share experiences and ideas within the group.



If you would like further information or to sign up to attend please contact the facilitator as listed below.

| Start | Day and time | Location | Contact |
|-----------|------------------|-----------------------------------|---|
| 11 August | Wednesday 7pm | Clearview School, Rolleston | Daniela danielaj@psusi.org.nz |
| 5 August | Thursday 10am | Heathcote Valley Community Centre | Greta Gretas@mmsi.org.nz |
| TBC | TBC | Shirley area | Rosalie.Sprosen@standforchildren.org.nz |
| 26 August | Thursday 10.30am | Youth Alive Trust- New Brighton | Liz Liz.riley@sjog.org.nz |
| 5 August | Thursday 6pm | Barnardos, Langdons road, Papanui | Paige Paige.lenton@barnardos.org.nz |
| 11 August | Thursday 12.30pm | Hornby Community Centre | Jonathan Jonathan@mmsi.org.nz |
| 13 August | Friday 9.30am | Phillipstown Community Hub | Bethany bethponniah@gmail.com |



Jenelle Hooson

Jenelle is a Registered Provisional Member with NZAC (New Zealand Association of Counsellors).

If you wish to discuss the services the School Counsellor can provide, please see your son's homeroom teacher or Amos Pilgrim:

amos.pilgrim@medbury.school.nz