



"Let your light shine"

St. Mary's CEVC Primary School
Oakfield Road
Bridgwater
Somerset
TA6 7LX

Tel: 01278 422691
office@stmarysbridgwater.co.uk
www.stmarysbridgwater.co.uk

5th September 2025

Dear Parents/Carers,

TUNING IN TO KIDS: EMOTIONALLY INTELLIGENT PARENTING

You are invited to join a programme that could make a positive difference to your child's development. *Tuning In to Kids* is six-week group programme for parents. It can help you to teach your child the skills of emotional intelligence. This letter is to give you some information about 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 programme we will teach parents what to do to help these skills develop.

Programme details

The programme will be run by Mrs Porter and will take place each Thursday, from 6pm- 8pm for 6 weeks. It will be held at St Mary's School on 25th September (not 9th October or half term week).

If you are interested in attending these sessions, **please complete the form attached** We look forward to hearing from you.

Kind regards,

Mrs Tracey Porter

Program Facilitator



Headteacher: **Mrs Morwenna Dunstan (MEd Hons)**

Tuning in to Kids[®]

Emotionally Intelligent Parenting

A parenting program for parents of children aged 3 - 12 years

Learn how to be better at:

- talking with your child
- understanding your child
- helping your child manage their emotions
- preventing behaviour problems in your child
- teaching your child to deal with conflict

Tuning in to Kids[®] shows you how to help your child develop emotional intelligence.

Children with higher emotional intelligence:

- have greater success with making and keeping friends
- have better concentration at school
- are more able to calm down when upset or angry
- tend to have fewer childhood illnesses

Emotional intelligence may be a better predictor of academic and career success than IQ!

Where: St Mary's Primary School

When: Thursday October 3rd - 14th November (with a break during the half term week) 6pm - 8pm

Contact: office@stmarysbridgwater.co.uk





"Let your light shine"

St. Mary's CEVC Primary School
Oakfield Road
Bridgwater
Somerset
TA6 7LX

Tel: 01278 422691
office@stmarysbridgwater.co.uk
www.stmarysbridgwater.co.uk



Headteacher: **Mrs Morwenna Dunstan (MEd Hons)**