

Talking Teens

- Our Talking Teens course is based on the most recent research on adolescence and runs once a week over a 4 week period.
- It is delivered to parents in small groups (2 hours per session) and helps to develop a positive view of teenage development.
- The course will focus on relationships within the family, improving communication, how to negotiate with your teen and is a great place to learn new skills to reduce any conflict.



Results

- Parents getting on better with their teenagers
- Reduced stress in the family
- Increased confidence in talking about difficult issues
- Increase in understanding of teenagers' feelings



Topics you will cover during the course,

- Exploring the importance of parents for teenagers
- Developing parents' understanding of teenage development and the influence of brain development on behaviour
- Developing parents' understanding of the importance of listening, verbal and non-verbal communication
- Promoting positive approaches to boundary setting and problem-solving

For more info or to sign up, get in touch today!

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Session 1

- Common Worries
- Empathy / feeling behind behaviour
- What young people need from parents / what parents need from young people
- Supporting your teens emotions

Session 2

- Brain Development
- Sleep / Puberty
- Praise / Criticism
- Parenting Styles

Session 3

- Communicating and Listening
- Responses to challenges
- “I” Statements

Session 4

- Disobedience/consequences
- Supervision
- Changing our responses
- 4 Main needs of a teenager