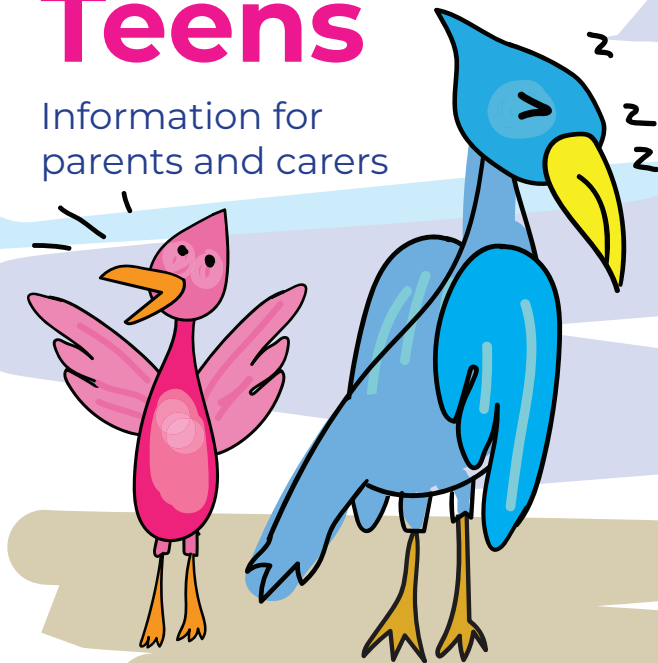


Talking Teens

Information for
parents and carers



What is Talking Teens?

Teenagers are rewarding, stimulating and fun, but being a parent of one can be stressful and challenging. The Talking Teens Parent Group helps deal with those challenges so you can have a calmer, happier family life. A tried and tested Programme, it helps us think about what we do, why we do it and how it makes us feel and looks at questions that many parents have, like:

- How can I stop my child always getting the last word?
- Why do they always sleep in so late?
- Can I do anything to help them argue less?
- Why don't they want to tell me how they're feeling?

Practical Information

There are four 2-hour sessions over four weeks with a tea and coffee break.

8-10 parents are invited and there are two trained parent group leaders.

Partners are welcome and it's also fine to come on your own or with another relative or friend.

You'll get the most out of the Programme if you come to all four sessions.

Topics covered in the group

Week 1:

- Being a parent of a teenager
- The role of parents for teenagers
- Responding to difficult feelings

Week 2:

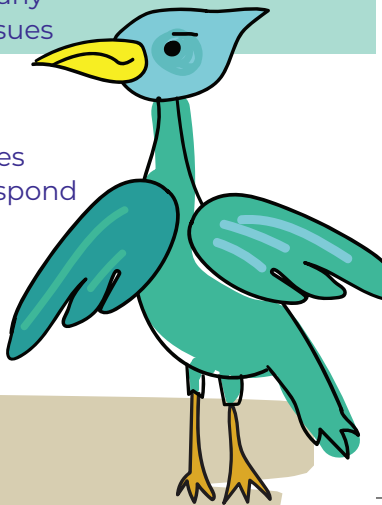
- Understanding your teenager
- Understanding teenage development
- Parenting styles
- Praise and criticism

Week 3:

- Communicating with your teenager
- Talking and listening
- Communicating clearly
- Handling difficult issues

Week 4

- Managing conflict
- Rules and boundaries
- Choosing how to respond
- Problem solving



How Talking Teens has helped other parents

"I am aware that there is a better way of parenting, even if I don't always achieve it"

"My eldest son is happier that I don't scream and shout at the first sign of a problem"

"I learned to take a breath before responding to my teenager's outburst and respond with empathy"

"Thanks! Our house is a much happier place now that I am using the strategies learnt here. Much less shouting and stops."

To find out where a group is running near you and to book a place, please go to:

lpoolcouncil.info/ParentProgrammes



Check out: **centreforemotionalhealth.org.uk**

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