

Parents Plus Adolescents Programme



An evidence-based parenting course promoting effective communication and positive relationships in families with adolescents aged 11 to 16 years.

The Parents Plus Adolescents Programme considers how parents can connect with and build good relationships with their teenage children (aged 11-16), while also being firm and influential in their lives.

Topics include:

- Getting to know and connecting with your teenager.
- Communicating positively and effectively.
- Building your teenager's self-esteem and confidence.
- Negotiating rules and boundaries.
- Teaching teenagers' responsibility.
- Positive discipline for teenagers.
- Managing conflict.
- Solving problems together.

Who should attend

The course is free to attend and open to all parents and carers whose teenagers are involved with Children's Social Care, Early Intervention and Universal Services. Where possible we recommend that both parents attend the course as we have found this helps the child the most. If you are a single parent, please feel free to bring along another supportive family member. We will meet all parents for an individual introductory meeting prior to the group starting.

Course details

The course consists of nine two and half hour group sessions and will be delivered at Tiverton High School. The course will start on Monday 5th March 10am-12.30pm, the course will run in term time only. Refreshments will be provided.

Dates

The start date of the course will be Monday 5th March 2018, 10am-12.30pm