

This is a programme for parents of children in their adolescence and considers how parents can connect with and build good relationships with their teenage children, while also being firm and influential in their lives.

The DVD used in this programme illustrates well-researched principles of effective communication and conflict resolution which parents can use with their teenagers, with the aim of helping them grow into responsible young adults. As well as role-play scenes and interviews with parents, the DVDs include interviews with young people about what it is like to be a teenager and their views about what makes families run smoothly.



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ParentsPlus
**Adolescents
Programme**

The PPAP was developed by Dr John Sharry (Social Worker and Psychotherapist) and Carol Fitzpatrick (Consultant Child and Adolescent Psychiatrist) – www.parentplus.ie

Parents Plus - Adolescents Program

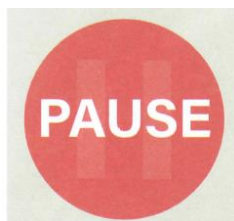


ParentsPlus
**Adolescents
Programme**

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

Parenting Plus – Adolescence will support you to learn how to:

- Balance positive relationships with positive discipline.
- Connect with your teenager.
- Communicate positively and effectively with each other.
- Support your teenager to build their self-esteem and confidence.
- Negotiate rules and boundaries.
- Teach teenagers responsibility.
- Use positive discipline strategies for you teenager.
- Managing conflict within the home.
- Solving problems together as a family.



- Take a step back from how you normally react

- Think calmly. What is the best way to respond?



What is going on for this child? How are they feeling?

What is going on for you as a parent? how are you feeling?



What is the best way to respond?

What has worked well in the past?

A balanced Approach to parenting

Session 1 – Understanding teenagers + Pressing the pause button

Session 2 – Getting to know your teenager + Establishing rules with teenagers

Session 3 – Connecting with your teenager + Communicating Rules Positively

Session 4 – The Power of encouragement + Using consequences

Session 5 – Active listening + Creating a discipline plan

Session 6 – Empowering teenagers + Dealing with conflict and aggression

Session 7 – Problem solving with teenagers + Establishing routines

Session 8 – Family problem solving + Parent self-care