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?

What's normal?

Why don't they want to tell me how they're feeling?

Inside every teenager is a child and an adult

The Four Sessions

1. Being a parent of a teenager ;
   The role of parents for teenagers ;
   Responding to difficult feelings

2. Understanding your teenager ;
   Understanding teenage development ;
   Parenting styles ;
   Praise and criticism

3. Communicating with your teenager ;
   Talking and listening ;
   Communicating clearly ;
   Handling difficult issues

4. Managing conflict ;
   Rules and boundaries ;
   Choosing how to respond ;
   Problem solving

Practical information

There are four 75 minute sessions over four weeks

There are two The centre for Emotional Health trained 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.

It's not what you say; it's what they hear

How the Talking Teens Parent Group has helped other parents

"I realised that you're really needed as a parent even if your teenager behaves otherwise"

"I'm doing a better job than I thought I was"

"I like the time for discussion during the sessions"

"It has been really interesting and informative, both leaders great and lovely approach, felt very relaxed"



Check out
emotionalhealth.org.uk/parent-zone

The Nurturing Programme Talking Teens Parent Group

where:
Isleworth & Syon School

when:

Session One - 4 November, 9.30am
Session Two - 18 November, 9.30am
Session Three - 25 November, 9.30am
Session Four - 2 December, 9.30am

contact details:
Sign up via the link in your email

THE CENTRE FOR EMOTIONAL HEALTH

emotionalhealth.org.uk

Charity no. 1062514

ISLEWORTH & SYON SCHOOL
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THE CENTRE FOR EMOTIONAL HEALTH

HOME OF FAMILY LINKS

Talking Teens Parent Group

Information for parents and carers

