

Eich Cyf/Your Ref

Ein Cyf/Our Ref

Dyddiad/Date:

Gofynner am/Ask

Parenting Team

Rhif Union/Direct

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You are invited to: The teenage years, parent workshops



Bringing you hope as you chart your way through the challenges of the teenage years and the changes in the parent-child relationship. The seven sessions are designed to help you stay connected with your child through understanding their world and developing good communication skills.

How does it work?

Sharing ideas with other parents is a key part of the course, and we use case studies and real life scenarios to help ground the material. Each session includes space to plan any changes you want to make in your parenting, and from session 2 there will be an opportunity to discuss how you are getting on with putting this into practice at home.

What's in the course?

We start by looking at the change from childhood to adolescence and what we hope to gain from the course. We explore how we can meet our child's emotional needs, taking into account their temperament and their 'love languages'.

Stepping into our teenager's shoes and thinking how we can help with the many changes they're experiencing is next: the challenge is to stay connected! We consider our parenting style, its effect on our teenager, and learn about the

power of a consistent approach. Encouraging responsibility and negotiating house rules are part of the programme too!

One of the biggest challenges for parents of teenagers is communication. We look at improving it by listening well, using empathy and understanding body language. How we handle conflict is also crucial, choosing your battles, checking out your anger style, and developing negotiation skills.

The final session helps us look at how we unwittingly contribute to negative behaviour by our responses. We also consider the values we want to pass on to our kids and how to build good, lasting memories.

Session titles:

- Session 1 – Temperament and emotional needs
- Session 2 – Why it’s tough being a teenager
- Session 3 – Parenting styles
- Session 4 – Communication
- Session 5 – Handling conflict
- Session 6 – The Big issues
- Sessions 7 – Building strong families

If you would like to attend these workshops they will be held at Grango in January 2024. Please fill in your expression of interest below, hand the form back to your school and we will be in touch.

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I would like to attend the teenage year’s parent workshops at Grango school in January 2024

Name:

Address:

Contact number

Email address:

Julie Williams
Interim Team Manager, Family Centres

*Rydym yn croesawu gohebiaeth yn Gymraeg.
Byddwn yn ymateb i unrhyw ohebiaeth yn Gymraeg ac ni fydd hyn yn arwain at unrhyw oedi.*

*We welcome correspondence in Welsh.
We will respond to any correspondence in Welsh and this will not lead to any delay.*