

**PROBLEM:** Parents lack the knowledge and skills to understand and communicate with their teenagers, leading to high levels of conflict and stress within family relationships.

**RATIONALE:** Group-based parenting programmes are an effective method of supporting parents to develop their knowledge and skills; They also provide space for parents to reflect on both their current parenting and the way that they themselves were parented, as well as creating opportunities for social support and networking.

**ASSUMPTION:** Parents will engage with the programme and practise implementing the strategies within family life.

**PROVIDED BY FAMILY LINKS:**

**Practitioner Training:**

- 2 day training course (direct entry) or 1 day training course (trained 10-week PGLs) led by experienced trainers
- Network Meetings

**Support Materials:**

- Trainer handbook
- PGL handbook
- Talking Teens Handbook for Parents
- Aids & "kit"
- Recommendations for further reading

**Implementation Support:**

- Telephone support
- Monitoring support

**PROVIDED BY PURCHASING AGENCY:**

**Skilled Facilitators:**

- Facilitation skills
- Knowledge of parenting theory and practice
- Modelling and role play skills
- Life experience and credibility
- Personal aptitude

**Effective Implementation:**

- Strategies to promote parent recruitment and retention
- Preparation and debrief time
- Supervision

**Dosage for parents:**

- 4-week course; 2 hour sessions (8 hours/person)
- Up to 20 parents per group

**Style of Delivery:**

- Café-style delivery with mix of taught content, group-work and experiential tasks
- Catering to different learning styles
- Use of "Take home and try out"
- Non-judgemental, mix of serious and fun/humour
- Planned & communicated
- Ongoing Review and Reflection
- Nurturing style & environment

**THE FOUR STRATEGIES**

**Parenting Styles and Strategies:** Authoritative parenting style; Why parents matter to Teenagers

**Understanding of Teenage Development:** Teenage Brain; Feelings; Pushing the Boundaries; Difficult Issues

**Effective Communication:** Listening; Using empathy; How we communicate; "I" statements

**Managing and Reducing Conflict:** Boundaries; Choices and consequences; Problem solving; Tracking back

**INPUTS/  
RESOURCES**

**ACTIVITIES/  
OUTPUTS**

**OUTCOMES**

**SHORT TERM (Immediate):**

- Increased self-awareness about parenting styles
- Increased self-awareness of own emotions around parenting
- Increased understanding of teenage needs and development
- Parents listening and expressing feelings clearly
- Increased repertoire of problem-solving and conflict management strategies

**LONGER TERM (3 – 6 months):**

- Increased parenting self-efficacy
- Better communication and understanding of teenager
- Increased use of positive discipline
- Reduced frequency of conflict
- Parents able to stay calm and are less stressed

**GOAL:** To equip parents with the knowledge and skills to understand and communicate with their teenager, reducing conflict and improving the quality of family relationships.