

Working one to one with Parents of Teenagers



This Family Links 2-day training course provides ideas and strategies to support parents of teenagers to understand teenagers' feelings and behaviour, and use strategies for maintaining and improving relationships. It includes discussion on teenage brain development and the adolescent developmental process. The approach is to motivate and support young people in an emotionally healthy context. The course brings together the latest understanding from neuroscience and developmental psychology and the principles of the Nurturing Programme, one of the leading social and emotional programmes in the UK.

Key Topics

- ✓ Exploring the importance of parents for teenagers
- ✓ Developing parents' understanding of teenage development and the influence of brain development on behaviour
- ✓ Developing parents' understanding of the importance of listening, verbal and non-verbal communication
- ✓ Promoting positive approaches to boundary setting and problem-solving

Nurturing Programme Features

- ✓ The Nurturing Programme encourages an approach to relationships that gives children, young people and parents an emotionally healthy springboard for their lives and their learning.
- ✓ Promotes emotional literacy and emotional health
- ✓ Enhances self-esteem, self-awareness and empathy
- ✓ Develops communication and relationship skills
- ✓ Provides effective strategies to encourage co-operative, responsible behaviour and manage challenging behaviour in children and young people

The Training Course Promotes

- ✓ Personal and professional reflection
- ✓ Knowledge of how to improve parents' self-esteem, confidence and skills
- ✓ A problem-solving approach
- ✓ Skills in one-to-one mentoring to develop trust and build relationships with parents
- ✓ A relational approach to work with parents focusing on partnership and empowerment
- ✓ Consistency of practice amongst all professionals and also team and multi-agency work

Training options:

£350 per person

Visit our [online training calendar](#) to see training dates around the country and book your place. Contact the Training Team for further details: training@familylinks.org.uk or 01865 401800

£3980 for a group of up to 16 people

To find out more or to book an in-house training course for your team contact Pip: training@familylinks.org.uk 01865 401800

Prices applicable to training courses delivered on the UK mainland.

Cost includes a Talking Teens Booklet for Parents.

"A very enjoyable and interesting training that I feel will be very useful in working to help promote change within families"

"I have thoroughly enjoyed this course and have learned so much I can take back to inform my practice and achieve better outcomes"

www.familylinks.org.uk training@familylinks.org.uk

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