

# Teen Talk

A four week course for parents/carers of teenagers.

This group will enable parents/carers to build on pre-existing parenting skills and discover new ones. In particular, the sessions will help parents/carers to understand the impact they have on their teenagers and the influence of adolescent brain development on behaviour.

Parents/carers will be encouraged to explore their own feelings, as well as their teenagers', and will develop approaches to promote positive life skills. Parents will also consider conflict and positive approaches to boundary setting and problem solving.

The course runs on Thursdays from 7th to 28th June between 13:00 and 15:00. For more information please pop in and talk to the centre staff, email [Communityvisioncfc@bromley.gov.uk](mailto:Communityvisioncfc@bromley.gov.uk), call 020 8778 2970, or visit [www.bromley.gov.uk/bromleychildrenproject](http://www.bromley.gov.uk/bromleychildrenproject)

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## Course Outline:

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

### Week One

Being a parent/carer of a teenager.  
The role of the parent for teenagers.  
Responding to difficult feelings

### Week Two

Understanding your teenager.  
Understanding teenage development.  
Parenting styles: praise and criticism.

### Week Three

Communicating with your teenager.  
Talking and listening.  
Communicating clearly.  
Handling difficulty issues.

*"It has been really interesting and informative."*

### Week Four

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

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

*"I like the time for discussion during the sessions."*