



Talking Teens Parent Group

Information
for parents
and carers



The Nurturing Programme Talking Teens Parent Group

Where:

John Hanson Community School
Andover
Hampshire
SP10 3PB

When:

Monday 2nd March 10.00am - 12.00pm
Monday 9th March 10.00am - 12.00pm
Monday 16th March 10.00am - 12.00pm
Monday 23rd March 10.00am - 12.00pm

Contact details:

Please e-mail
elissa.coster@jhanson.hants.sch.uk to
register your interest.

Thank you.



emotionalhealth.org.uk

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

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"



Practical information

There are four 2-hour
sessions over four weeks

10-20 parents are invited
and 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

Check out
emotionalhealth.org.uk/parent-zone