

November 2009

Triple P Parenting Programme 'Teen'

Parenthood can be extremely **rewarding, enlightening** and **enjoyable...**

It can also be **demanding, frustrating** and **exhausting!**

Parents have an important role of bringing up the next generation, yet most people begin their journey as a parent with little preparation and learn through trial and error.

- Do you get worried about your child/young person?
- Struggle to cope with attitude and behaviour?
- Concerned about them being in the wrong company?

Triple P courses can help in your role as a parent of teenager, or soon to be teenager and help to have a more positive family life.

An outline of the programme:

4 x 2 hour group sessions, looking at:

- What is positive parenting?
- Factors influencing behaviour
- Developing positive relationships
- Encouraging desirable behaviour
- Developing family rules
- Dealing with emotional behaviour
- Managing misbehaviour
- Family survival tips

- Dealing with risky behaviour

Followed by 3 individual telephone calls from one of the group facilitators to support you on your individual goals

And a final 3 hour group session, looking at:

- maintaining the changes made
- problem solving for the future

The programme is free and will run Tuesday evenings at Kineton Village Hall starting Tuesday 19th Jan 2010 from 6.30pm to 8.30pm.

For more information and to book a place, please contact: Jo Rolls, Extended Services Coordinator - rolls.j@we-learn.com. 01926 645605. 07984 864200

Quotes from parents who have attended:

"This programme has made me realise no one can be a perfect parent and no child can be perfect either"

"Found it good, more should do it!"

"You learned how to deal with situations as well as the children, it gives you confidence"

"Very useful and effective, changed my behaviour and will therefore benefit all the children I come into contact with"