

# The Nurturing Programme



## Talking Teens

### Four week parent group

The Talking Teens Parent Group helps deal with your challenges over four sessions, so you can have a calmer, happier family life.

#### **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

**Friday 8th November 2024 - 10am-12pm**

**The White House Family Hub, 45 The Avenue,  
Hampton, TW12 3RN**

#### **Contact details**

Karen Williams, Parenting Officer

E: [karen.williams@achievingforchildren.org.uk](mailto:karen.williams@achievingforchildren.org.uk)

T: 020 8547 6965

M: 07771 974388

