

Parenting Teens with Positive Discipline

A workshop for parents and carers of children aged 12yrs+

As a parent it can be exciting and satisfying seeing our Teens grow into capable young adults and also challenging when they decide they want things their own way. We will look at parenting our Teens with respect, making sure it's consistent and firm but fair, ensuring we create a long lasting positive relationship.

Topics include:

- Understanding the needs behind behaviour – Why do Teens do what they do?
- How to provide warmth and structure even when struggling with challenging behaviours
- Increasing Self –Esteem & Confidence
- Promoting mutual respectful
- Strategies to reverse unacceptable behaviour

Date: Tuesday 21st June 2022

Time: 10.00-12.00pm

Venue: On-line Via Zoom

Cost: FREE

To book a place please call **0208 863 7319 /07498881496**

Or Email: info@hopeharrow.org.uk

