

Time Out For Parents



The Teenage Years

Sessions for anyone parenting children aged 11 to 19



The logo for "positiveparenting" features a small icon of three colored dots (red, yellow, blue) above the word "positive" in a bold, lowercase sans-serif font, followed by "parenting" in a regular, lowercase sans-serif font.

Common sense, jargon-free information and ideas to help you to engage with your children and boost your relationship

Time Out For Parents



The Teenage Years

Sessions for anyone parenting children aged 11 to 19



The logo for "positiveparenting" features a small icon of three colored dots (red, yellow, blue) above the word "positive" in a bold, lowercase sans-serif font, followed by "parenting" in a regular, lowercase sans-serif font.

Common sense, jargon-free information and ideas to help you to engage with your children and boost your relationship

Time Out For Parents The Teenage Years

Positive Parenting Time Out for Parents courses from Care for the Family provide common sense, jargon-free information and ideas to help you to engage with your children and boost your relationship.

If you have children aged 11 - 19, then *Time Out For Parents - The Teenage Years* is for you. Over seven sessions you'll increase your skills and confidence as a parent and discover practical tools to make your relationship with your teenager even better.

The sessions

- Session 1** Temperament and emotional needs
- Session 2** Why it's tough being a teenager
- Session 3** Parenting styles
- Session 4** Communication
- Session 5** Handling conflict
- Session 6** The big issues
- Session 7** Building strong families



Care for the Family Garth House, Leon Avenue, Cardiff CF15 7RG
Tel (029) 2081 0800. www.careforthefamily.org.uk

Care for the Family is a registered charity (England and Wales 1066905, Scotland SC038497).
A company limited by guarantee no. 3482910. Registered in England and Wales

Time Out For Parents The Teenage Years

Positive Parenting Time Out for Parents courses from Care for the Family provide common sense, jargon-free information and ideas to help you to engage with your children and boost your relationship.

If you have children aged 11 - 19, then *Time Out For Parents - The Teenage Years* is for you. Over seven sessions you'll increase your skills and confidence as a parent and discover practical tools to make your relationship with your teenager even better.

The sessions

- Session 1** Temperament and emotional needs
- Session 2** Why it's tough being a teenager
- Session 3** Parenting styles
- Session 4** Communication
- Session 5** Handling conflict
- Session 6** The big issues
- Session 7** Building strong families



Care for the Family Garth House, Leon Avenue, Cardiff CF15 7RG
Tel (029) 2081 0800. www.careforthefamily.org.uk

Care for the Family is a registered charity (England and Wales 1066905, Scotland SC038497).
A company limited by guarantee no. 3482910. Registered in England and Wales