

PUT THE FUN BACK INTO PARENTING

- ARE YOU HAVING PROBLEMS WITH YOUR SON OR DAUGHTER?
- FEELING FRUSTRATED?
- FEELING ISOLATED?
- WONDERING HOW TO COPE?
- WHY NOT JOIN OTHERS WHO ARE EXPERIENCING SIMILAR PROBLEMS AND LEARN HOW TO COPE?

Sessions last approximately 3 hours

The programme is delivered at a time that is most convenient to all attending

If transport to get to the programme is a problem, please give us a call, we can help



TAKE THE FIRST STEPS TOWARDS STOPPING FIREWORKS GOING OFF IN THE HOUSE!

POWYS CHALLENGE

FOR MORE INFORMATION OR TO BOOK YOURSELF A PLACE ON THE PARENTING PROGRAMME, PLEASE CONTACT;

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LIVING WITH TEENAGERS CAN BE DIFFICULT BUT YOU'RE NOT ALONE!

POWYS CHALLENGE

LIVING WITH TEENAGERS!



FEELINGS OF DESPAIR?



NOT SURE WHICH WAY TO TURN?



THAT'S A GOOD IDEA! JOIN OTHERS WHO MAY BE ABLE TO HELP!

OUTLINE OF THE PARENTING SUPPORT PROGRAMME

SESSION 1

Introduction to the programme & each other.

Learning skills to define & track young people's behaviour.

SESSION 3

Practical ways of increasing "wanted" behaviours through changes in the triggers and pay-offs.

Working in small groups to make realistic plans for change.

SESSION 5

Practical ways of reducing "unwanted" behaviour.

Improving skills in negotiation and problem solving and setting boundaries that are effective.

Working on sanctions that work.

SESSION 2

Helping to understand young people's behaviour patterns.

Examining ways in which patterns of wanted and unwanted behaviours develop within families.

The needs of young people and the influences upon them.

SESSION 4

Improving listening and communication skills in order to reduce family conflict and consequent negative behaviour.

SESSION 6

Looking after yourself as a parent.

Coping with stress and anger and finding practical ways to increase confidence and relaxation.

Introducing strategies for parents to support each other.

Trouble shooting for any unresolved behaviour difficulties.