

Triple P Teen Discussion Groups

These sessions are suitable for parents / carers of children aged 11 to 18 who are living with them or involved in regular contact and parenting.



Parenting Sessions

Tuesday 29th July

Getting teenagers to cooperate

Tuesday 5th August

Coping with teenagers' emotions

Tuesday 12th August

Reducing family conflict

Tuesday 19th August

Building teenagers' survival skills

East Bury Family Hub, Dorset Drive

09:30 - 11:30am

To enrol on one or all of the above courses please email:

h.berry@bury.gov.uk

for a registration form.

Getting teenagers to cooperate

During this discussion, parents share some of their experiences and ideas about dealing with non-cooperation and discuss reasons why teenagers can be uncooperative. Several positive parenting strategies are introduced to help parents develop a plan to motivate their teenager to be cooperative at home.

Reducing family conflict

During this discussion, parents share some of their experiences of conflict with their teenager and discuss why sometimes this occurs in families. Several positive parenting strategies are introduced to help parents teach their teens how to get along with other family members and resolve problems. Ways to manage times when conflict affects the whole family are also discussed.

Coping with teenagers' emotions

In this session, parents discuss some of the reasons teenagers have emotional reactions and the skills that teens need to calm themselves down. Several positive parenting strategies are introduced to help parents teach their teen to better manage their emotions.

Building teenagers' survival skills

This discussion topic explores why teenagers sometimes make risky decisions and how they can learn to keep themselves safe while gradually developing independence. Parents are introduced to positive parenting strategies to help their teen plan for situations which may potentially put their health or wellbeing at risk.