

What is covered?

Teenagers present many challenges to their parents and themselves,

This programme is designed to provide knowledge to parenting techniques that are evidenced to work in the modern world.

Teenagers are starting to experience many different pressures to when their parents and caregivers were young, and this can often lead to conflicts in the home, causing stresses and strains on all.

Parents and caregivers will have the opportunity to learn how a teenagers brain development changes through the next few years.

Your facilitator will share with you a range of ideas and tools that you can adapt to your family's needs, whilst being supported to find ways to try new things and break the cycle of conflict in the home.

Ongoing drop in support groups will become a great place to share your successes with others and find out new ideas and ways to build on your new parenting styles from the sessions of learning.



Skills4Living
Whānau Tautoko
8 Bath Street
Levin
5510

Ph: 06 367 0680
info@skills4living.co.nz

www.skills4living.co.nz



Parenting
Our
Teenagers,
It can be fun!



A parenting programme and support group to help you have a happier and relaxed home.





PROGRAMME INFORMATION

- * FREE
- * 5 weeks of group learning
- * Individual follow up support
- * 2 hour sessions
- * Evidence based parenting techniques
- * Trauma sensitive parenting methods
- * Trained facilitators
- * Free resources
- * Ongoing “drop in” support groups

info@skills4living.co.nz

Are you finding yourself arguing with your teenager most days?

Do you often wonder why they have changed from the loving “little” one you once knew?

Are you wanting to bring back more days of laughter to your family’s days?

Is it a battle to get them to school?

Do you wish they would leave their social media alone so you can spend time with them?

If your answers were “YES” to one or more of these questions, then maybe this programme is for you!



WHAT WILL I LEARN ABOUT?

- * Basic brain development of a teenager
- * Connection before correction
- * P.A.C.E’ful parenting
- * Natural consequences
- * Celebrations and rewards
- * Choosing the right battles
- * Internet and social media safety
- * Supporting your teen to independence
- * Selfcare
- * Giving and receiving support

info@skills4living.co.nz