



ENGAGING ADOLESCENTS ®

PARENTING SKILLS FOR NAVIGATING THE TEENAGE YEARS

THIS ONLINE COURSE PROVIDES PARENTS AND CAREGIVERS EASY-TO-USE TECHNIQUES TO SUPPORT TEENS TO MANAGE THEIR OWN BEHAVIOR, EMOTIONS AND BUILD BETTER RELATIONSHIPS.

Learn:

- Understanding adolescence: a time of reconstructions, redeveloping social landscapes, brainsnaps and body make-overs.
- Understanding your job as parent/carer of a teenager - observer, advisor, negotiator, director.
- A three-option model for decision making...a 'drop down' menu for parents
- Working out how NOT to respond in tricky emotional encounters
- Building your relationship with your teenager
- How to hold difficult conversations more successfully when discussing issues such as internet overuse, sibling conflict, disrespect, truancy,
- going out, schoolwork, helping out, choice of peers... and much more!

Where: Via live Webinar

When: 26th November and 3rd December 2020

Time : 7.00 pm – 9.00 pm

Cost: FREE – courtesy of Parenting Connection Wheatbelt

Facilitator: Brad Williams, Behaviour Tonics

Email : jpages@wanslea.asn.au

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