

## Parents Plus Adolescents Programme

The Parents Plus Adolescents Programme is a course for parents and carers of children aged 10 to 17y, it runs for up to 2½ hours over 9 or 10 weeks.

It considers how parents can balance connecting with and building good relationships with their teenage children, while also being firm when needed and influential in their lives.

It provides simple, effective tools to help parents to acknowledge and build on their own skills, confidence and strengths whilst understanding and managing teenage feelings and behaviour.

The Parents Plus Adolescents Programme has a 'Pause, Tune In and Plan' response to solving family problems and includes the following topics:



**PAUSE** Press the pause button

- Take a step back from how you normally react.
- Think calmly. What is the best way to respond?

**TUNE IN** 'Tune In' to what is happening

- What is going on for your children? How are they feeling?
- What is going on for you as a parent? How are you feeling?

**PLAN** Make a plan

- What is the best way to respond?
- What has worked well in the past?

Prevention Plan	Step by Step Plan
<ul style="list-style-type: none"><li>What will you do to prevent the problem happening again?</li><li>How will you teach your child the skills they need?</li></ul>	<ul style="list-style-type: none"><li>When the problem happens, how will you deal with this?</li><li>What will you do next if it continues?</li></ul>

***Getting to know and connecting with your teenager***

***Communicating positively and effectively***

***Building your teenager's self-esteem and confidence***

***Negotiating rules and boundaries***

***Teaching teenager's responsibility***

***Positive discipline for teenagers***

***Managing conflict***

***Solving problems together***

Parents attending the programme will receive a Parent Plus Adolescents Programme Parent Booklet and leave with shared experience, peer support and many strategies to help to positively parent teenagers.

For further information on the Parents Plus Programme: [www.parentsplus.ie](http://www.parentsplus.ie)