

Bringing Up Great Kids: Parenting Adolescents

Overview

Bringing Up Great Kids: Parenting Adolescents is a reflective, mindful, respectful program that provides parents with an opportunity to reflect on parenting their adolescents.

Dates: Term 4

Tuesday 13th Oct

Tuesday 20th Oct

Tuesday 27th Oct

Tuesday 10th Nov

Tuesday 17th Nov

Time: 6pm-8pm

Where:

Online

Contact:

**Brooke Tregenza- Senior Child
Counsellor**

Email address:

btregenza@childhood.org.au

Program Content

The Bringing Up Great Kids: Parenting Adolescents program supports parents and carers to:

- learn more about brain development during the adolescent period and its influence on their thoughts, feelings and behaviour;
- explore the meaning and context behind adolescents' behaviours, and how to respond to the underlying feelings and needs;
- explore new ways of communicating with adolescents;
- discover ways for parents to take care of themselves and to find support when they need it and practice self-compassion.

