

# Time Out For Parents



## The Teenage Years

Sessions for anyone parenting children aged 11 to 19



 **positiveparenting**

Common sense, jargon-free information and ideas to help you to engage with your children and boost your relationship

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**Positive Parenting Time Out for Parents** courses from Care for the Family provide common sense, jargon-free information and ideas to help you to engage with your children and boost your relationship.

If you have children aged 11 - 19, then *Time Out For Parents - The Teenage Years* is for you. Over seven sessions you'll increase your skills and confidence as a parent and discover practical tools to make your relationship with your teenager even better.

### The sessions

- Session 1** Temperament and emotional needs
- Session 2** Why it's tough being a teenager
- Session 3** Parenting styles
- Session 4** Communication
- Session 5** Handling conflict
- Session 6** The big issues
- Session 7** Building strong families



**Care for the Family** Garth House, Leon Avenue, Cardiff CF15 7RG  
Tel (029) 2081 0800. [www.careforthefamily.org.uk](http://www.careforthefamily.org.uk)

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