



**Brilliant
Parents**
Transforming
Children's Lives

Triple P Teen Seminar

Raising competent teenagers



Triple P Seminar-Raising Competent Teenagers
Hayes Muslim Centre
3 Pump Lane, Hayes
Middlesex UB3
Tuesday 22nd February 2022
11am-12.30pm

IS THIS YOU?

You are doing a pretty good job at raising your teenager, but sometimes you struggle with knowing how best to encourage him/her to make the most of their time at school.

Do you know that it is often difficult to know what teenagers will find interesting and rewarding and what skills they will need to get a job and that during this time, some conflict is normal and some disagreements over discipline are inevitable?

Triple P (Positive Parenting Programme) reduces the stress of parenting and makes parenting more rewarding and enjoyable by helping your teenager:

- Develop self-discipline
- Become a good problem-solver
- Establish routines
- Get involved with school activities
- Follow school rules

In around 90 minutes, this seminar will leave you feeling more confident and competent and ready to deal with the challenges that the teenage years can bring.



**For more
information please
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