



**Brilliant
Parents**
Transforming
Children's Lives

Triple PTeen Seminar

Raising responsible teenagers



Triple P Seminar – Raising Responsible Teenagers
Tuesday 21st November 2023
1.30pm - 3pm
Guru Nanak Sikh Academy, Springfield Road
Hayes, Middlesex UB4 0LT

IS THIS YOU?

You are doing a pretty good job at raising your teenager, but sometimes you struggle with knowing how to encourage him/her to develop the skills they need to become more responsible and independent.

Do you know that this is best done as a gradual process, as your teenager grows from being a child into an adolescent and that during this time some conflict is normal and some disagreements over discipline is inevitable?

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

- Take part in family decision making
- Be respectful and considerate
- Be involved in family activities
- Develop a healthy lifestyle
- Be reliable and assertive

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 further information – please
contact
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email
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