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How to get in touch and find out more

If you would like to know more about any of these courses you can contact your Family Hubs by phone, email or by visiting our website. You can book on to them by visiting our Eventbrite page or making a request through our website.

West & Central Locality

Newport Family Hub
Furlongs, Newport,
PO30 2AX
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South Wight Locality

Sandown Family Hub
The Fairway, Sandown
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North East Wight Locality

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[Website](#)



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Barnardo's Registered Charity Nos. 216250 and SC037605
24423shc23

Talking Teens

Understanding your Teenager

It's not
what you
say; it's
what they
hear



FREE 4-week online programme to help
understand teen and adolescent
development and behaviour.

What is the Talking Teens Programme?

Teenagers are rewarding, stimulating and fun, but being a parent of one can be stressful and challenging at times.

The Talking Teens programme helps deal with challenges, promoting a calmer, happier family life.

An evidence-based programme, the sessions look at teenagers' development, parenting styles, supporting emotions and communication, whilst creating a safe space for parents to meet and share their experiences.

How can I stop my child always getting the last word?

What's normal?

Common questions:

Why do they always sleep in so late?

Can I do anything to help us argue less?

Why don't they want to tell me how they're feeling?

Inside every teenager is a child and an adult



How the Talking Teens Parent Group has helped other parents:

"I realised that you're really needed as a parent even if your teenager behaves otherwise"

"I'm doing a better job than I thought I was"

"I like the time for discussion during the sessions"

"it has been really interesting and informative, both leaders great and lovely approach, felt very relaxed"

The Four Sessions:

1: Being a parent of a teenager; The role of parents for teenagers; Responding to difficult feelings.

2: Understanding your teenager; Understanding teenage development; Parenting styles; Praise and criticism.

3: Communicating with your teenager; Talking and listening; Communicating clearly; Handling difficult issues.

4: Managing conflict; Rules and boundaries; Choosing how to respond; Problem solving.

