

If you would like to know more about any of our courses you can contact your Family Centre by phone, email or by visiting our website.



### Website



### Facebook



### Instagram



### How to get in touch and find out more:

Email us: [iowfamilycentres@barnardos.org.uk](mailto:iowfamilycentres@barnardos.org.uk)

Website: [www.isleofwightfamilycentres.org.uk](http://www.isleofwightfamilycentres.org.uk)



<https://families.barnardos.org.uk/>

### West & Central Wight Locality Hub

East Newport Family Centre Pan Community Hub, Furlongs, Newport, IOW  
PO30 2AX  
Tel: 01983 529208

### North East Locality Hub

Ryde Family Centre  
George Street, Ryde IOW,  
PO33 2JF  
Tel: 01983 617617

### South Wight Locality Hub

Sandown Family Centre  
The Fairway, Sandown  
PO36 9EQ  
Tel: 01983 408718

# Talking Teens

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



A 4-week programme to understand teen and adolescent development and behaviour.

## What is Talking Teens?

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

The Talking Teens Parent Group helps deal with those challenges so you can have a calmer, happier family life.

A tried and tested Programme, it helps us think about what we do, why we do it and how it makes us feel and looks at questions that many parents have, like:

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

Why do they always sleep in so late?

What's normal?

Can I do anything to help them 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.