



PREPARING FOR THE TEENAGE YEARS

The teenage years are often viewed with some trepidation or anxiety. The changes in the adolescent brain and body can impact self-esteem, relationships and behaviour. Parenting strategies that may have worked earlier often become counter-productive and need to be adapted during the teenage years to allow optimal development.

This workshop covers the following topics:



UNDERSTANDING THE TEEN BRAIN

We share insights into the changes taking place in the teen brain as it evolves and adapts to become the mature adult brain. The re-wiring can lead to some erratic and challenging behaviour, and brings a desire for risk and an increased orientation towards their peers. It also enables higher cognitive and emotional skills.



COMMUNICATING WITH TEENS

We discuss the most effective ways to talk to and listen to teenagers. This helps them improve their ability to think ahead, solve problems, develop judgement and be considerate of others. It also protects the parent/teen relationship and increases the likelihood they will seek help and support.



NURTURING TEENAGE SELF-ESTEEM

We explore how parents can nurture their teenager's self-esteem which is particularly vulnerable during these years.



UPHOLDING BOUNDARIES

We examine how parents can establish and uphold appropriate boundaries with teenagers. This is particularly important for helping teenagers manage typical hot spots such as the use of technology and social gatherings.