



Brilliant Parents

Transforming Children's Lives

Teen Triple P Discussion Group

Coping with teenagers' emotions



IS THIS YOU?

You are doing a pretty good job at raising your teenager, but sometimes you struggle with knowing how to manage your teenager's emotions. This can be particularly challenging when you too find it hard to remain calm.

Do you know that the most important thing is for teenagers to learn how to calm themselves when they get upset about something?

Parents can help by acknowledging the emotional experience and providing appropriate support without being intrusive. Learning to manage emotions is an important life skill that parents can teach their teenagers by following some simple steps.

This Triple P (Positive Parenting Programme) small group workshop will look at some of the reasons why teenagers can become emotional and gives some practical suggestions to both help you teach your teenager how to manage their emotions and manage any problems if you need to.

For more information please contact:
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