

This is a programme for parents of children in their adolescence and considers how parents can connect with and build good relationships with their teenage children, while also being firm and influential in their lives.

The DVD used in this programme illustrates well-researched principles of effective communication and conflict resolution which parents can use with their teenagers, with the aim of helping them grow into responsible young adults. As well as role-play scenes and interviews with parents, the DVDs include interviews with young people about what it is like to be a teenager and their views about what makes families run smoothly.



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ParentsPlus
Adolescents Programme

The PPAP was developed by Dr John Sharry (Social Worker and Psychotherapist) and Carol Fitzpatrick (Consultant Child and Adolescent Psychiatrist) – www.parentplus.ie

Parents Plus - Adolescents Programme

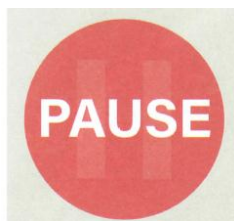


ParentsPlus
Adolescents Programme

An evidence-based parenting course promoting effective communication and positive relationships in families with adolescents aged 11 to 16 years old.

Parenting Plus – Adolescence will support you to learn how to:

- Balance positive relationships with positive discipline.
- Connect with your teenager.
- Communicate positively and effectively with each other.
- Support your teenager to build their self-esteem and confidence.
- Negotiate rules and boundaries.
- Teach teenagers responsibility.
- Use positive discipline strategies for you teenager.
- Managing conflict within the home.
- Solving problems together as a family.



- Take a step back from how you normally react

- Think calmly. What is the best way to respond?



What is going on for this child? How are they feeling?

What is going on for you as a parent? how are you feeling?



What is the best way to respond?

What has worked well in the past?

A balanced Approach to parenting

Session 1 – Understanding teenagers + Pressing the pause button

Session 2 – Getting to know your teenager + Establishing rules with teenagers

Session 3 – Connecting with your teenager + Communicating Rules Positively

Session 4 – The Power of encouragement + Using consequences

Session 5 – Active listening + Creating a discipline plan

Session 6 – Empowering teenagers + Dealing with conflict and aggression

Session 7 – Problem solving with teenagers + Establishing routines

Session 8 – Family problem solving + Parent self-care

Please give details:		
ii) Parents and children involved in crime and/or Anti-Social Behaviour (ASB)	YES <input type="checkbox"/>	NO <input type="checkbox"/>
Please give details:		
iii) Child/Young Person not in Education (under 16) and/or risk of exclusion and/or poor school attendance	YES <input type="checkbox"/>	NO <input type="checkbox"/>
Please give details:		
iv) Vulnerable Child/Young Person	YES <input type="checkbox"/>	NO <input type="checkbox"/>
Please give details:		

v) Being Safe (e.g domestic violence and abuse, Child Sexual Exploitation (CSE) or missing from home)	YES <input type="checkbox"/>	NO <input type="checkbox"/>
Please give details:		
vi) Parents and children with a range of health problems (including mental health concerns, alcohol misuse or drug use)	YES <input type="checkbox"/>	NO <input type="checkbox"/>
Please give details, e.g :is there a diagnosed mental health conditions or has the referrer/practitioner and the family member discussed issues/concerns regarding mental health?		

6. Are you aware of any risk/dangers associated with Home Visits? (For example dangerous pets/animals, syringes, remote location, no phone signal or violent family members/visitors?)	YES <input type="checkbox"/>	NO <input type="checkbox"/>
If YES please give details		

7. Does the family have any specific language/communication requirements?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
If YES please give details		
8. Does a member of the family consider themselves to have a disability?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
If YES please give details		

9. Reasons for requesting a place on this course:
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Presenting issues and nature of your concerns?	
Desired outcomes? What changes are required	

What has been tried so far?		
What changes do the family want to achieve?		
Will parents be able to make these dates and times and commit fully to completing the course?		
Will parent/s need funding to support transport	YES <input type="checkbox"/>	NO <input type="checkbox"/>
Will parent/s need help with childcare for other children not at school/pre-school?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
Preference of course to attend	SFP <input type="checkbox"/>	PPAP <input type="checkbox"/>

Referred by	Name:	Role:
Date:	Email Address:	Contact no: