

One of the biggest challenges for parents of teenagers is communication. We look at improving it by listening well, using empathy and understanding body language. How we handle conflict is also crucial, choosing your battles, checking out your anger style, and developing negotiation skills.

The final session helps us look at how we unwittingly contribute to negative behaviour by our responses. We also consider the values we want to pass on to our kids and how to build good, lasting memories.

Light refreshments will be provided on the course.



Time Out for Parents: Dads Programme Outline

Week 1: Getting to know each other
The role of Fathers
The importance of Fathers
The goal of parenting
Memories of our own Dads.
Activities Fathers can do with their children

Week 2: Love and all that stuff
What is self-esteem?
Ways to increase your child's self-esteem
The things we say
Meeting our child's emotional needs
Handling emotions
Ways to help your child to express their emotions
Are you fun to be with?
Ways for Dads to build a relationship with their children

Week 3: Rules without a relationship = Rebellion
Parenting Styles – the way we are affects the way our children behave
House Rules

Week 4: Dad as the 'coach'
What safety issues concern you?
Love is spelt T-I-M-E
Dangers of the internet and what you can do to protect your child
Getting in with the wrong crowd
Bullying Issues
Talking about sensitive issues – substance misuse, anti-social behaviours, and teen sex.
Celebration and certificates.