



# Department for Education



## LEARNING IN FAMILIES

### LIVING WITH TEENS

#### COURSE SUMMARY:

This 8 week course is for parents/carers who want to develop positive communication skills with their children. The course is an opportunity for parents/carers to learn effective strategies that they can use to build positive relationships.

#### ENTRY REQUIREMENTS:

- You can join this course if you are a parent, grandparent or carer of children aged 12 –18 years



**AWARD:**  
Unaccredited

#### WHAT WILL YOU DO ON THIS COURSE?

This course runs over a period of 8 weeks (8 sessions of 2.5 or 3 hours).

- ✓ **Discuss ways** of building positive relationships with children, setting reasonable limits and boundaries and dealing with challenging behaviour
- ✓ **Learn new** skills, build confidence and develop strategies to help overcome stress
- ✓ **Think about** ways to look after yourself, as well as looking after your children
- ✓ **Share experiences** and views with other parents in a supportive and confidential group

#### PROGRESSION FROM THIS COURSE:

We provide a wide range of courses that you can progress on to, to further develop your skills, for example:

- Community English or maths courses to gain a functional skills qualification
- English, IT or maths in a school setting
- Digital skills



**REALISE  
FUTURE=S**  
Enhancing people's lives

**THE GATEWAY TO LEARNING IN YOUR COMMUNITY**