## 

TEENS

UNDERSTANDING

**This 5-session course is run by LBBD and is aimed at parents of children aged 10 and above.**

**What do parents learn?**

Behaviours that build positive relationships.

How to support their child transition into secondary school and teenage.

Active listening and communication strategies.

Assertive ways for parents to promote positive behaviour, whilst building independence.

**Dates for following sessions:**

**15.03.19**

**22.03.19**

**29.03.19**

**05.04.19**

**Godwin Primary School**

Every Friday starting 8.03.19

9:15am – 10.45am

If you would like to join email:

[**Alines3.301@bdcs.org.uk**](mailto:Alines3.301@bdcs.org.uk)

**Or call Alison Lines on**

**020 8724 1861**