



Education & Skills  
Funding Agency



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

### 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



**AWARD:**  
Unaccredited

### 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



 **Suffolk**  
County Council

**REALISE**  
**FUTURE-S**

Enhancing people's lives

THE GATEWAY TO LEARNING IN YOUR COMMUNITY