

Tuning in to Teens™

Emotionally Intelligent Parenting

A six-session parenting program for parents of adolescents.

Would you like to learn how to:

- be better at talking with your teen?
- be better at understanding your teen?
- help your teen learn to manage their emotions?
- help to prevent behaviour problems in your teen?
- teach your teen to deal with conflict?



'Tuning in to Teens' shows you how to help your teen develop emotional Intelligence.

Adolescents with higher emotional intelligence:

- are more aware, assertive and strong in situations of peer pressure
- have greater success with making friends and are more able to manage conflict with peers
- are more able to cope when upset or angry
- have fewer mental health and substance abuse difficulties
- have more stable and satisfying relationships as adults
- have greater career success — Emotional Intelligence may be a better predictor of academic and career success than IQ.

Where: Westfield Academy. Yeovil

When: April 19th – May 24th- 6.30-8.30pm

Contact:

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