

Parent/Carer offer:

'Connecting parents/carers' groups and Webinar series

'Connecting parents/carers' groups

We would like to invite you to attend a 4-week online "Connecting parent/carer" group, starting in the week of 15th November 2021, in collaboration with the Anna Freud Centre Schools Support Service.

There are 5 groups on offer running for 1 hour on different days and times. Each group will be offered to parents/carers from a variety of secondary schools and will be closed once at capacity (max. 12 spaces per group). However, more groups will be offered in the winter term to ensure that every parent/carer interested will be able to access a group.

- The groups aim to provide a reflective space to think about the challenges of parenting adolescents, as well as a space for you as parents/carers to attend to your own wellbeing which we think is just as important. The groups are not webinars and they are also not therapy, but rather aim to support parental emotional wellbeing and the connection between parents/carers and their teens. It is an interactive group with a mixture of teaching and discussion to structure the reflective space.
- In the week of 8th November, one week before the groups start, an online "intro meeting" will be held by each group facilitator on the day and the time their group will run, meaning any parent/carer interested in the group can attend to hear what the group is all about, to meet the group facilitator and to ask questions. This is to ensure you have all the information needed to decide whether the group is for you. After that, you will be asked to register for the actual group and places will be allocated on a first come first serve basis.
- These parent/carer groups have been running since January 2021 and have been very positively received. Feedback from parents has included: "I think it was perfectly pitched and I felt supported and listened to. A big thank you." "Very reassuring to hear so many parents of teens telling very similar tales of struggle." "I have been telling people to go to the group if it is offered again – the value is not just in meeting other parents - it is in the tools shared- the most helpful - the emotional thermometer".

Please see below 'intro meeting' links:

Intro meeting **Monday 8th November 12pm-1pm**, register here:

https://annafreud.zoom.us/meeting/register/tJAsfuqqqzMsHNfnN2EeacejtNfXHfQL_qEO

Anna Freud National Centre for Children and Families

Intro meeting **Tuesday 9th November 1pm-2pm**, register here:

<https://annafreud.zoom.us/meeting/register/tJwqceurrDMtEtFmSM1b0oeZgZDcYNTJzP2i>

Intro meeting **Wednesday 10th November 12pm-1pm**, register here:

<https://annafreud.zoom.us/meeting/register/tJkF-GorToiGt0JdyfV0GLWHyB9NqIKsBFb>

Intro meeting **Wednesday 10th November 5.30pm-6.30pm**, register here:

<https://annafreud.zoom.us/meeting/register/tJUkc-GsrzsiGNHj5J1thjhakrFLQintbVW1>

Intro meeting **Thursday 11th November 12pm-1pm**, register here:

<https://annafreud.zoom.us/meeting/register/tJcpce-spzMpE9z5WqdgDpPZr7BVWZIS8Yii>

Webinar series

Links to join the Webinars are below:

Weathering the storms of strong teen emotions: do's, don'ts and when to consider talking to someone

Date: Tuesday 16th November

Time: 5-6pm

Venue: Virtual via Zoom

Register in advance for this meeting:

<https://annafreud.zoom.us/meeting/register/tJwrcOysqz8tHtNNW6phyegIXbVK8cpMxm4c>

Adolescence inherently consists of many storms that parents, families, and young people have to weather, many of which are driven by an intensity of emotions that is unique to this developmental stage. Teenagers grapple with their own identity, their social relationships, and their need for autonomy, and in turn parents face the challenge of being left out, managing their own reactions to strong teen emotions, and finding different ways of connecting with their teens. This webinar will provide an overview of the changes adolescents go through, why teenagers experience such strong emotional fluctuations and how these are linked to processes in the brain. It will offer ideas on how to support teenager with their strong feelings and what to best avoid. Lastly, the webinar will discuss the difference between normal emotional difficulties in adolescence and issues that may need additional support. Places on this webinar won't be limited and there will be an opportunity to ask questions at the end.

Building resilience, staying connected and nurturing your relationship with your teen

Date: Tuesday 23rd November 2021

Time: 5-6pm

Venue: Virtual via Zoom

Register in advance for this meeting:

<https://annafreud.zoom.us/meeting/register/tJwucuCprDkuE9bZhQ9mouvERKrH2l1qAeKo>

Adolescence is a time of insecurity, strong feelings and growing autonomy which naturally affects the parent-child relationship and requires parents to find new ways of connecting with their teenagers. Parents may feel left out and worried, and they may experience a sense of loss over the relationship they used to have with their children when they were younger. This webinar offers ideas on how to maintain and build trust with teenagers, how to stay connected and how to nurture the relationship with their teen. Places on this webinar won't be limited and there will be an opportunity to ask questions at the end.

Managing teenage behaviour that challenges: tips and tricks

Date: Monday 29th November

Time: 12-1pm

Venue: Virtual via Zoom

Register in advance for this meeting:

<https://annafreud.zoom.us/meeting/register/tJEIc-6prToqHtI0J2oi7Fmy8TLG56a3cVyl>

Most adolescents will at some stage in their development engage in behaviour that parents find challenging and worrying, for instance, substance misuse, being overly argumentative and rejecting, oppositional behaviour and excessive social media use. It can become difficult for parents to find ways of discussing their concerns with their teens who may increasingly not want to hear any advice their parents have to offer. This webinar will provide an overview of adolescent development and the brain, including common challenging behaviours during adolescence. It will discuss different parenting styles and offer tips for parents on how to approach and discuss challenging behaviour with teens, and how to set boundaries. Places on this webinar won't be limited and there will be an opportunity to ask questions at the end.

Adolescent self-harm: how to make sense of it and when to seek support

Date: Tuesday 7th December 2021

Time: 5-6.10pm

Venue: Virtual via Zoom

Anna Freud National Centre for Children and Families

Register in advance for this meeting:

https://annafreud.zoom.us/meeting/register/tJ0tf-ihrj0rG9EuSlq406S_L4mqX9Q6l0XT

Adolescence brings about many challenges, including insecurity, self-consciousness, anxiety about one's own body, and peer pressure. It is not uncommon for teenagers to engage in some self-harmful behaviour for a period of time, for instance cutting, hair pulling or scratching. Understandably, these behaviours can be very concerning, distressing, and confusing for parents. This webinar will provide an overview of the risk factors and methods of self-harm. It will explore the various reasons why young people may self-harm and offer ideas on how parents can talk to and support their teens. Lastly, it will discuss instances of self-harmful behaviour that may require professional support. Places on this webinar won't be limited and there will be an opportunity to ask questions at the end.