

## **Anna Freud Schools Support Service**

### **Information regarding Webinars for Parents/Carers January and February 2022**

Dear Parents/Carers,

We would like to invite you to attend the January and February 2022 webinar series specially tailored for parents/carers of adolescents, in collaboration with the Anna Freud Centre Schools Support Service.

Five topics have been chosen to reflect core developmental processes in adolescence and common difficulties parents can struggle with. The content is psycho-educational, strategy-based and solution-focused. The webinars will cover the following topics:

- Building resilience, staying connected and nurturing your relationship with your teen
- Weathering the storms of strong teen emotions: do's, don'ts and when to consider talking to someone
- Adolescent self-harm: how to make sense of it and when to seek support
- Managing teen behaviour that challenges: tips and tricks
- Anxiety in adolescence: how can parents help?

Further details on each webinar are below. To register please click on the relevant Zoom link.

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

Date: Tuesday 18th January 2022

Time: 5-6pm

Venue: Virtual via Zoom

Register in advance for this webinar: [https://annafreud.zoom.us/meeting/register/tJcsd-msrztEtWIZR\\_DW3czw7qr1s4-MNjb](https://annafreud.zoom.us/meeting/register/tJcsd-msrztEtWIZR_DW3czw7qr1s4-MNjb)

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.

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

Date: Monday 24th January 2022

Time: 1-2pm

Venue: Virtual via Zoom

Register in advance for this webinar:

<https://annafreud.zoom.us/meeting/register/tJwvfuirqDsoHt1xuFQ9y-bVPNs9jGhcyITs>

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.

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

Date: Wednesday 2nd February

Time: 5-6.15pm

Venue: Virtual via Zoom

Register in advance for this webinar:

<https://annafreud.zoom.us/meeting/register/tJEscOyuqTMiEtO65kXNOrs95yYHqsV0RhpG>

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.

### **Managing teen behaviour that challenges: tips and tricks**

Date: Tuesday 8th February 2022

Time: 12-1pm

Venue: Virtual via Zoom

Register in advance for this webinar:

<https://annafreud.zoom.us/meeting/register/tJEodO6vpjstHdQm0uGMEUYLY2LIqfYiJj3E>

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

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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.

### **Anxiety in adolescence: how can parents help?**

Date: Tuesday 22nd February 2022

Time: 5-6pm

Venue: Virtual via Zoom

Register in advance for this webinar:

<https://annafreud.zoom.us/meeting/register/tJMqd-6qqz8jHdPgMQ9LEgaNk1qvDqDmsOxY>

It is normal to sometimes feel anxious, however, for some adolescents, anxiety can become a significant problem that stops them from doing things, e.g., talking to new people, going out with friends, or doing their best in exams. The focus of this webinar will be on what parents/carers can do to help their teens who are experiencing anxiety. It will cover when anxiety is normal vs. problematic, common anxieties during adolescence (exam stress, social anxiety and worries about identity and development), the relationship between parent-child anxiety, and how and when to access support for you and your child. We will also discuss a couple of 'real world' examples of common adolescent anxieties and different strategies that may be helpful in those situations.

The Privacy Notice for this service is available on the AFNCCF

website: [https://www.annafreud.org/media/14408/privacy-notice-schools-support-service\\_aug-2021.pdf](https://www.annafreud.org/media/14408/privacy-notice-schools-support-service_aug-2021.pdf)

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