

Di Murray writes:

Parents are often experiencing similar issues as their children progress through the different stages, but there is limited forum to share, resource and support one another, once parents are past the stage of attending toddler groups. Positive Parenting, run by Care for the Family licensed facilitators, offer courses for parents targeted at key stages in child's life including the primary years and teenage years, in an informative, relaxed and supportive environment.

“Time out for parents of teens” ran over 8 sessions recently in Duns, covering issues such as: temperament and emotional needs, parenting styles, identity and independence, communication and conflict and building strong families. Each 2 hour session offered a honest, jargon free and practical approach, backed up by current research. Sessions were offered in an informal setting and allowed parents to come together to learn about what to expect in the teenage years, practice some techniques and find out about resources available to them. A library of parenting resources was also available to loan for the duration of the course.

The following responses are from parents who attended:

“great course, so enjoyed coming along with everyone, so informative, time to step back and think, good to have company on this most difficult journey, very good range of topics, excellently facilitated, a really interesting insight into what teenagers go through”

Look out for a taster session for “time out for parents - the primary years”.