



Free of Charge Online Parent Courses for Parents living in Tallaght and Whitechurch June – July 2020

The Parent Courses will be run over Zoom. It's easy enough to download and works well on a phone, tablet or laptop. Suzanne will do a one-one session with each parent to show how it works before the course starts.

Dates for the Courses

Parents Plus – Parenting Children (6 – 11 Year Olds): The book of handouts is posted to you.

- **8 Weeks:** Every Tuesday starting the 9th June from 7– 8pm

Parents Plus – Parenting Teens (12 – 16 Year Olds): The book of handouts is posted to you.

- **Evening Course (8 Weeks):** Every Wednesday starting the 10th June from 7 – 8pm **OR**
- **Afternoon Course (8 Weeks):** Every Thursday starting the 11th June from 2 – 3pm

Dates for the Workshops

How to Build Self Esteem in Children and Teens: **Wed:** 3rd June from 7 – 8pm

Drugs and Alcohol: Talking about it with Children & Teens: **Thurs:** 4th June from 7 – 8pm

For More Information or to Book a Place on the Course or Workshop Contact Suzanne Lindsay: Foróige TDPP: suzanne.lindsay@foroige.ie: 0867969726

Please find more information on the courses and workshops below:

Information on the Courses

Parents Plus

Two Parents Plus Courses are provided which are 8 weeks long. One for Parents of Children (aged 6 – 11 years old) and one for Parents of Teens (aged 12 – 17 Years old). Parenting Teens needs a different approach to children each course looks at ways parents can:

- **Build closer and more enjoyable relationships with children & teens**
- **Help children grow up to be happy, have good self-esteem, be responsible & trustworthy and to reach their full potential in life**
- **Put routines and habits in place** which make family life much easier including bedtime, getting up in the morning, getting homework done and other things that can stress parents out!
- **Support their children to deal with difficulties such as anxiety, stress, anger, bullying and peer pressure**
- **Encourage positive communication in the family so that:**
 - ✓ Everyone speaks to each other with respect (most of the time)!
 - ✓ Children & teens are much more likely to talk to their parents about what is going on for them
 - ✓ There are less arguments and stress as everyone gets into the habit of working out their problems and disagreements in a calmer way
- **Use simple techniques that keep parents calm and in control in getting their children & teens to stick to the rules as well as managing their behavior and keeping them on track.**

Information on the Workshops

How to Build Self Esteem in Children and Teens:

- What self-esteem is and why it is good for children, teens and adults
- The signs of low self-esteem
- Practical things parents can do to build the self-esteem of their children and teens

Drugs and Alcohol: Talking about it with Children & Teens (The Best Form of Prevention):

- Drugs and alcohol – What's out there today
- Why parents talking about drugs and alcohol with their children and teens is really important
- Communication skills that mean they are more likely to listen to what their parents have to say