

Info, Apps, Websites and Helplines for Parents

General Advice for parents of Teenagers:

Leaflet: Building confidence and resilience:

Resilience is all about a person's ability to 'bounce back' when something goes wrong. This leaflet gives some great advice on how to build confidence and resilience in your children.

<https://www.minded.org.uk/families/course/assets/f427bed6c95434f24c9d096067564c0f012477bc.pdf>

Leaflet: Active listening skills:

http://www.cypsomersethealth.org/resources/EHWB/self_harm_information_sheets/Active_listening_skills.pdf

Leaflet: Teenage Years

http://somersethealthinschools.co.uk/resources/Teenage_Years_Leaflet.pdf

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A great PowerPoint presentation to explain how the teenage brain develops in teenage years and the impact this can have on their behaviour.

Tuning into Teens:

Tuning into Kids is an evidence-based parenting programme that teaches parents skills in emotion coaching, which is to recognise, understand and respond to children's emotions in an accepting, supportive way. The programme has been shown to improve parenting, parent-child relationships and children's emotional competence and behaviour. For more information, speak to **Claire Kelly, Parent and Family Support Adviser (PFSA) on 01458 254439**

Triple P:

The Triple P - Positive Parenting Program is a parenting and family support system. Its main goals are increasing the knowledge, skills, and confidence of parents and reducing the prevalence of mental health, emotional, and behavioural problems in children and adolescents. It aims to prevent problems in the family, school and community before they arise and to create family environments that encourage children to realise their potential. For more information, speak to **Claire Kelly, Parent and Family Support Adviser (PFSA) on 01458 254439**

<https://www.nspcc.org.uk/>

Lots of good resources covering all things to protect our children.

<https://www.childline.org.uk/>

A great website to signpost your child to, if they need to access information for themselves or want someone confidential to talk to.