




**JENNIFER DUNCAN**  
**COACHING**

## A SAMPLE PARENTING PROGRAMME

<u>Session</u>	<u>Topic</u>	<u>Recommended websites and parenting experts</u>
<u>Session One</u>	<u>Connection</u> <ul style="list-style-type: none"><li>• <u>What do we mean by feeling connected to our teen?</u></li><li>• <u>What gets in the way of connection time?</u></li><li>• <u>What skills and personal qualities are required to build connection?</u></li></ul>	<u>HappilyFamily Website</u>
<u>Session Two</u>	<u>Communication</u>	<u>Podcasts by Calm the Chaos</u>

<u>Session</u>	<u>Topic</u>	<u>Recommended websites and parenting experts</u>
	<ul style="list-style-type: none"> <li>• <a href="#">What is the difference between listening and active listening?</a></li> <li>• <a href="#">How do we create a calm state before we communicate with our teen?</a></li> <li>• <a href="#">What are triggers and how do they sabotage our connection to our teen?</a></li> </ul>	
<u>Session Three</u>	<p><b><u>Collaboration</u></b></p> <ul style="list-style-type: none"> <li>• <a href="#">How do we create a family culture of collaboration?</a></li> <li>• <a href="#">What it means to be strengths-based in our parenting approach</a></li> </ul>	<a href="#">Oren Jay Sofer and Collaborative and Pro-active Solutions Website</a>
<u>Session Four</u>	<p><b><u>Different examples of effective communication models</u></b></p> <ul style="list-style-type: none"> <li>• <a href="#">Non-violent Communication</a></li> </ul>	<p><a href="#">Dr. Marshall Rosenberg and Non-violent Communication</a></p> <p><a href="#">Oren Jay Sofer and Collaborative and Pro-active Solutions Website</a></p>

Session	Topic	Recommended websites and parenting experts
	<ul style="list-style-type: none"> <li>• <a href="#">Collaboration and Proactive Solution finding</a></li> </ul>	
<a href="#">Session Five</a>	<a href="#">The Teenage Brain and the role of the Nervous system</a>	<a href="#">BBC Radio 4 - Woman's Hour - The teenage brain: Seven things parents should know about adolescent behaviour</a>
<a href="#">Session Six</a>	<a href="#">Peer Pressure and its power to mould behaviour and attitudes</a>	<a href="#">Peer pressure   Childline</a> <a href="#">Peer pressure &amp; peer influence: teens   Raising Children Network</a>
<a href="#">Session Seven</a>	<a href="#">Permissive or Controlling Parenting?</a>	<p>Credit; 'verywellfamily'</p>  <p>The infographic is divided into four quadrants, each with a different background color and an illustration of a parent-child interaction.      - Top-left (Yellow): 'Authoritarian' - A parent stands sternly while a child looks down. Text: 'Focus on obedience, punishment over discipline'.     - Top-right (Light Blue): 'Authoritative' - A parent sits at a table with a child, talking. Text: 'Create positive relationship, enforce rules'.     - Bottom-left (Pink): 'Permissive' - A parent sits on a sofa with arms outstretched, looking at a child who is also on the sofa. Text: 'Don't enforce rules, "kids will be kids"'.     - Bottom-right (Purple): 'Uninvolved' - A parent sits in a chair looking at a TV, while a child plays on the floor in the background. Text: 'Provide little guidance, nurturing, or attention'.     The 'verywell' logo is in the bottom left corner of the infographic.</p>

<u>Session</u>	<u>Topic</u>	<u>Recommended websites and parenting experts</u>
<u>Session Eight</u>	<u>Review of programme content</u>	