



**Brilliant
Parents**

Transforming
Children's Lives

and



HAMPSTEAD SCHOOL

Learning together Achieving together

Invite you to:

Raising Responsible Teenagers



Triple P Teen Seminars

Hampstead School, Westbere Road, London, NW2 3RT

Tuesday 29th January 2019

Refreshments 5:30pm, Seminar 6pm – 7.30pm

Is this you?

You are doing a pretty good job at raising your teenager, but sometimes you struggle with knowing how to encourage him/her to develop the skills they need to become more responsible and independent.

Do you know that this is best done as a gradual process, as your teenager grows from being a child into an adolescent and that during this time some conflict is normal and some disagreements over discipline is inevitable?

Triple P (Positive Parenting Programme) reduces the stress of parenting and makes parenting more rewarding and enjoyable by helping your teenager:

- Take part in family decision making
- Be respectful and considerate
- Be involved in family activities
- Develop a healthy lifestyle
- Be reliable and assertive

In around 90 minutes, this seminar will leave you feeling more confident and competent and ready to deal with the challenges that the teenage years can bring.

Please register interest with the school reception