

For further information or to make a referral please contact:

PPDU Business Support

Debora hemingway- 01780 764072

Carole Stanton—01522 680034

PPDU Facilitators

Caroline Palmer - 07825552173

Marion Head- 07920839624

Kim Cooper-01780764072

Lisa Cornall -07824417603

Maureen Davies-07919304482

Email:

Parents,
stay positive!

NKSKParenting@lincolnshire.gov.uk

Please contact local Children's Centres for a full programme of groups

Billingham 01526869248

Bourne 01778395895

Caythorpe 01400279285

Grantham Belton Lane
01522550901

Grantham Swingbridge
01476590034

Market Deeping 01778382574

Sleaford 01529306888

South Witham 01572768876

Stamford

01780764072

Waddington 01522721750

Washingborough 01522792995

Witham St Hugh's 01522869541

SUPPORTING PARENTS OF TEENAGERS



For Parents with
Children aged
11years+

What is SPOT?

SPOT is a supportive multi-level system of family intervention

Key Objects

- To increase parents understanding of adolescent development and behaviour
- To provide opportunities for developing skills and strategies in parenting teenagers
- To enable parents to recognise their own strengths and achievements
- Reducing parental stress associated with raising children & adolescents
- To offer a safe environment in which to share experiences of living with teenagers

What it means to be a Parent of a Teenager

Teenage Development

Parenting Styles

Communication Skills

Dealing with Conflict

Responsibility & Independence

Enjoying being a parent

The 5 Core Principles

1. Providing a safe engaging environment
2. Creating a positive learning environment
3. Using assertive discipline
4. Having realistic expectation
5. Taking care of yourself as a parent

The Strategies of SPOT

Promoting a Positive Relationship

- Understanding teenagers
- Ages and stages in becoming a teenager
- What is good communication

Increasing Desirable Behaviour

- Parenting styles
- Making changes—try something different
- Responsibility and independence
- Respect for self and others

Teaching New Skills & Behaviours

- Stopping, waiting, thinking
- Making an action plan
- Shifting boundaries as teenagers develop

Managing Conflict

- What is conflict
- Escalating and de-escalating conflict
- Setting and negotiating boundaries