



A Supportive Programme for Parents of Teenagers

Are you:

- Worried about your relationship with your (soon-to-be) teenager?
- Concerned about how to support them through their teenage years?
- Looking for strategies to help develop your child's emotional resilience and wellbeing?



may well be just the thing to help you!



is a free ten week step-by-step practical programme with a wealth of tried and tested strategies to support parents with supporting their teenagers.



will help you to:

- **Understand** your child (and their brain!) better!
- **Strengthen** your relationship with your child
- **Develop** new and positive skills as a parent
- **Learn** how to manage conflict and risk-taking behaviour



The Details

- 2 hour weekly meeting for 10 weeks (excluding half term)
- Refreshments provided
- Free of charge
- Next programme will start in September 2018
- Places are limited, so sign up early to avoid disappointment

Interested? Sign up at: <https://tinyurl.com/STOPsignup>

Want more information?

Contact Mrs Moran (morank@stonehenge.wilts.sch.uk) or Mr Vickery (vickerya@stonehenge.wilts.sch.uk) for more details.



is an evidence based programme from the Ministry of Parenting. Delivery of the programme is a joint project involving Wiltshire Council, Wiltshire Child and Adolescent Mental Health Service and Schools making use of transformation funding for children and young people's mental health and wellbeing.



What did parents like about STOP?

- "Relaxed environment enabling open discussion"
- "Good to use situations we have actually experienced"
- "Having time to talk about issues we faced during the past week. Sometimes it just helps to talk to someone who understands teenagers"
- "Understanding what type of parents we were and what type we would like to become"
- "Realising that we're not alone"

How has STOP helped parents of teenagers?

- "Fewer arguments able to 'control' arguments and calm down period"
- "Interactions calmer, daughter calms down quicker"
- "Reassured me that we're doing OK as parents"
- "Our child is calmer, more understanding and more confident"
- "There's an improved understanding, leading to better co-operation"
- "I've got a better understanding of how to de-escalate situations"
- "I'm better equipped to avoid arguments before they happen"

Interested? Sign up at: <https://tinyurl.com/STOPsignup>