

Talking Teens Parent Programme

Frequently Asked Questions (FAQs) for Professionals

1. What is the Talking Teens Programme?

Talking Teens is a structured, evidence-informed parenting programme designed to support **parents and carers of Pre-teens/teenagers**.

It helps adults understand the changes that happen during adolescence, improve communication, and strengthen relationships with their teenagers.

The programme promotes **positive parenting strategies, connection, and confidence** in navigating the teenage years.

2. Who is the programme for?

The course is suitable for **parents and carers of young people ages 9-12 (Year groups 6 and 7 with consideration for years 5 and 8)**, including those who:

- Are struggling with communication or conflict at home
- Want to build stronger relationships with their teenager
- Are worried about behaviour, boundaries, or emotional wellbeing
- Would like practical tools and peer support

It is **not for families in crisis** — it is a short preventative programme to help families understand the pre teen/teen stage.

3. What are the main aims of Talking Teens?

The programme aims to:

- Improve **communication** between parents and teenagers
 - Strengthen **understanding and empathy**
 - Help parents **set boundaries calmly and effectively**
 - Support **teen independence and responsibility**
 - Reduce conflict and stress within the family
 - Build **parental confidence** and wellbeing
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4. What topics are covered?

Each session explores key aspects of parenting teenagers, such as:

1. **Understanding the teenage brain**
 2. **Communication that works** – listening, talking, and staying connected
 3. **Handling conflict and emotions**
 4. **Setting boundaries and managing behaviour**
 5. **Supporting independence and decision-making**
 6. **Building resilience and positive relationships**
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5. How is the course delivered?

- Usually delivered over **4 weekly sessions** (2 hours each)
 - **Group-based** and facilitated by **trained parenting practitioners**
 - Delivered **in person** at community venues
 - Uses a mix of discussion, activities, reflection, and practical exercises
 - Parents receive handouts and tips to try at home between sessions
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6. What are the expected outcomes for families?

Parents and carers often report:

- **Improved communication** and fewer arguments
 - **Better understanding** of teenage development and behaviour
 - **Increased confidence** in setting limits and supporting independence
 - **Reduced stress** and stronger family relationships
 - More positive **home environment**
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7. What evidence supports Talking Teens?

Talking Teens is based on **well-established parenting research** and aligns with evidence-based approaches such as:

- **Parenting teenagers frameworks** used nationally within Early Help and Family Hubs

- **Parenting strategies informed by social learning theory** and attachment principles

Local evaluations show improvements in parental confidence, emotional wellbeing, and family relationships.

8. How can professionals refer parents?

Referrals are typically made through:

- **Early Help teams or Family Hubs**
- **Schools and pastoral support services**
- **Children's Centres**
- **Social care, health visitors, or CAMHS**

Professionals can encourage parents to self-refer or complete a referral form on their behalf (depending on local arrangements).

9. What is the professional's role?

Professionals can:

- **Identify families** who may benefit
 - **Encourage engagement** by explaining the supportive, non-judgemental nature of the programme
 - **Reinforce key messages** from the course in ongoing work
 - **Collaborate** with facilitators to ensure joined-up family support
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10. How can I find out more or refer a family?

For local referral details or course dates, contact:

 EHCFamilythrive@lewisham.gov.uk

 <https://lewishamfamilyhubs.org.uk/>

Further information and resources:

- *Parenting UK / Family Links – The Centre for Emotional Health*