

## Parents Plus Teenage Programme

(Developed by Dr. John Sharry & Prof. Carol Fitzpatrick in 2008)

Clarecare provides a range of parenting support programmes throughout Co. Clare.

These programmes are facilitated by professionals from Clarecare's Family Support Team, Two facilitators deliver the teenage parenting programme over 7-8 weekly 2 hour sessions. Parenting programmes can accommodate a maximum of 15 parents per group. The Parents Plus Teenage programme is aimed specifically at parents of teenagers. Each week the group focuses on a topic which is of relevance to young people within this age group. It draws on well researched ideas about effective communication, conflict

management, negotiating and teaching teenager's responsibility. It also explores ways to connect with your teen.

### How does the Parents Plus Programme help families?'

The programme provides parents with practical ideas, using video examples of parent-teen scenarios. These examples illustrate ideas about dealing with teenagers effectively, while remaining calm and in control. The programme is positive and focuses on parents' strengths, with comments from teenagers, parents and professionals throughout the video clips. It aims to help parents enjoy a better relationship with their teenagers and to remain a firm positive influence in their lives.

As part of this exciting programme parents can enjoy:

- Meeting other parents with teens.
- Weekly handouts and tips about dealing with their specific issues at home.
- Information from facilitators about other services available to parents.
- An opportunity to make new friends

### Quotes from previous Participants:



**“It has been a life-line”**

### What does it involve?

The teenage programme covers a wide range of areas to help parents. These topics include:

1. Getting to know your Teenager.
2. Communicating effectively.
3. Negotiating rules & boundaries.
4. Teaching teenager responsibility.
5. Managing conflict.
6. Solving Problems together.
7. Talking things through.

### Methods Used

Each week facilitators deliver this Parents Plus programme using a selection of video clips from the Parents Plus Teenage Programme, group discussion and exercises.

Group discussion and exercises give parents an opportunity each week to think about how they might put the ideas introduced in the video into practice in their own homes.

Parents can engage in group discussion on topics of relevance each week, and share learning and experiences.

*For more information about this or other parenting support programmes delivered by Clarecare contact:*

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[www.clarecare.ie](http://www.clarecare.ie)

**The Parents Plus  
Teenage  
Programme**

