



ReCapture Your Child Parent Relationship

Parenting Pre-Teens & Teenagers

Upper Shirley High School

are hosting a number exciting parenting workshops

TOPIC

DATE

(All 7:30-9:30pm)

Managing anger and strong emotions

<https://www.eventbrite.co.uk/e/managing-anger-strong-emotions-year-8-parents-tickets-26679520163>

Monday 30th January

Ego and self-esteem, gaming and social media

<https://www.eventbrite.co.uk/e/ego-self-esteem-plus-gaming-social-media-ush-year-9-parents-tickets-26679867201>

Monday 27th March

Staying connected to your teen

<https://www.eventbrite.co.uk/e/staying-connected-to-your-teen-ush-year-10-parents-tickets-26679899297>

Monday 24th April

Revision, motivation & exam technique

<https://www.eventbrite.co.uk/e/revision-exam-technique-ush-year-11-parents-tickets-26680017651>

Monday 22nd May

**Helping young people make positive choices
recover from setbacks and grow in confidence**

<https://www.eventbrite.co.uk/e/helping-children-make-positive-choices-recover-from-setbacks-grow-in-confidence-ush-year-11-parents-tickets-26679945435>

Monday 12th June

To make a booking please use the link beneath each workshop title; there will be a charge of £8 (plus booking fee) to attend each workshop. Against each title we have suggested the year group it is most applicable too. This is just a guide and parents can attend the workshops of their choice.

Being a secondary school pupil and becoming a teenager are big changes, with challenges as well as joys. These sessions will give parents key information about changes taking place in their child's brain and the major impact this has on their emotions and behaviour. This understanding is the foundation for setting appropriate loving limits and maintaining a positive, respectful relationship.

Lorraine Lee, a professional parenting practitioner, with over 14 years' experience will be leading the sessions. She has worked with schools all over Hampshire and has a background in child psychology.

If you have any questions please contact: lorrainelee@recap.org.uk