

Tusla Family Resource Centre



WORKING THINGS OUT PROGRAMME ADOLESCENTS 11-16

- Getting along with parents/ carers - listening, talking and resolving conflicts
- Stop and think - the key to solving problems
- Keeping your cool - dealing with anger and conflict
- Taking charge - developing helpful thinking strategies
- What's up? - managing feeling down

NON-VIOLENT RESISTANCE (NVR)

NVR programme aims to empower and support parents/ carers in preventing and responding to the controlling and violent behaviour of children and teenagers.

For more information on upcoming courses

Tel. 046 907 3178

Tusla Family Resource Centre,
Commons Road, Navan Co. Meath. C15 CP23

www.parenting24seven.ie



Free parenting courses for all ages

Navan, Co Meath


ParentsPlus
Empowering Professionals to Support Families

TUSLA
An Ghníomhaireacht um
Leanaí agus an Teaghlach
Child and Family Agency



EARLY YEARS PROGRAMME

PARENTS OF 1-6 YEAR OLDS

- Being a responsive parent
- Child-centred play and communication
- Supporting children's self-esteem and confidence
- Establishing daily routines
- Managing tantrums, mis-behaviour and problems



ADOLESCENTS PROGRAMME

PARENTS OF 11-18 YEAR OLDS

- Relationship building with teenagers
- Conflict resolution/behaviour management
- Problem solving for families
- Creating a discipline plan
- Establishing rules with teenagers



CHILDREN'S PROGRAMME

PARENTS OF 6-11 YEAR OLDS

- Child-centred play and communication with children
- Building children's self-esteem and encouraging learning
- Positive discipline and behaviour management
- Problem solving with children as a family



PARENTING WHEN SEPARATED PROGRAMME

- Solving co-parenting problems in a positive, child-focused way
- Helping children cope with separation, emotionally and practically
- Coping with the emotional impact of separation and learning stress management techniques