

# It's Good To Talk!

*A one-day forum for parents of 11-16 year olds*

*Free to parents living in Ealing*



challenging?

difficult...

secretive?

Touchy!

Out of control!

Do some of these words sound familiar? You love your teenager, but let's face it, sometimes it's hard to see things from their point of view. And it's not always easy knowing how to tackle difficult situations without making them worse. Well, don't despair, help is at hand!

At this one-day event, you can participate in workshops, get professional advice, find out what resources are available locally, and exchange experiences with other parents.

**Saturday 18<sup>th</sup> October 2008, 10am-4pm**

**Trailfinders Sports Club, Vallis Way, Ealing W13 0DD**

## Opening address



### ***How on Earth am I going to get my teenager to listen to me? - Lorraine Marer***

TV's Lorraine Marer will deliver a dynamic and insightful talk on the positive strategies parents can use, to engage more effectively with their teenagers. As well as appearing on GMTV and The Wright Stuff, Lorraine has been the leading figure in Channel Five's *The Teen Tamer* and *Families Behaving Badly*.

## Workshops

### ***A-It doesn't have to be like this: strategies to support parents of teenagers with challenging behaviour - Lorraine Marer***

Behavioural specialist Lorraine Marer has been kicked, punched, spat on and sworn at. But the top "teen tamer" has taken it all in her stride...because her own kids blazed such a troubled trail. Come to her 40 min workshop to get a preview of her challenging behaviour parenting course - she has 6 basic principles to help parents that attend her course and to let them know they are not alone.

### ***B-Speakeasy taster session - Anne Carrington & Heather Matthews***

This workshop gives an overview of the *Speakeasy for Parents* course, with some 'taster' activities. The course offers a non-threatening, group-based opportunity for parents to learn together, and acquire the confidence and skills they need, to talk to their adolescents about sex. It is designed to be fun and relaxed, providing an atmosphere where parents can benefit from each other's personal experiences.

### ***C-Whose problem is it? Problem solving and negotiating skills - Waveney Patel & Sarah Darton***

How do we support our kids when they have a problem? What do we do when we have a problem with their behaviour? Your teenager wants to stay out late – he/she wants to be with his/her mates, you need to know he/she's safe. Can you negotiate? How do you go about it? When is negotiation inappropriate? Come along and learn some more about these valuable skills for a calmer life!

### ***D-A taster session to teach parenting skills for success - Amy Church & Lyndsey Evans***

Learn skills to promote positive behaviour and healthy relationships with your teenagers. Encouraging more of the behaviour that you want, and less of the behaviour that you don't.

***E- Fearful, fuming, forlorn – Are your teenager’s emotional extremes leaving you exhausted? - Irene Tymkiw & Christy Wellings***

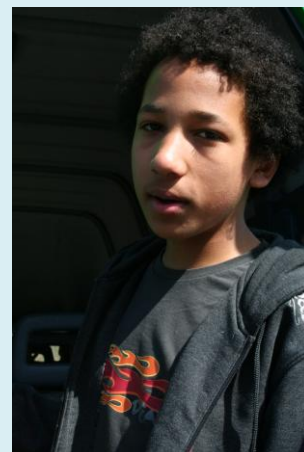
Does your teenager fly off the handle for the least little thing? Do you find it surprising that they can get so upset so easily and do you struggle to know how to help? Do you find it hard to stay in control of your own emotions when confronted with your teenager’s? This fun and interactive workshop examines teenagers’ feelings and explores ways of responding to emotional behaviour. We hope that you will leave feeling more confident in your ability to handle the highs and lows of teenage life.

***F-Keep me travelling along with you - Hilary Belden & Rachel Browne***

Transition from primary to secondary school is a huge change for families. Our workshop will be active and entertaining. We hope you'll enjoy getting involved! It will be about:

- Aspirations and goals for the future
- Getting to know the rules
- Understanding the learning
- Feeling in control in the new situation
- Knowing you can succeed.

Come and travel along with us on this journey from primary to secondary school.



***G-Sex & sexuality - Steph Bedford & Peter Vittels***

Being young can be difficult. Being young and gay can be hell! This workshop is for anyone who wants to understand more about sex and sexuality, difference and diversity, respect and acceptance. Often dealing with these issues can be difficult to negotiate especially with teenagers, and this is where armed with information and awareness you can make a big difference. Steph Bedford and Peter Vittels have over 10 years of working with the LGBT (lesbian, gay, bisexual and trans) community and currently run YOUR ZONE LGBT youth project for Ealing Youth and Connexions.

***H-Ughh I’m not eating that! Yea, no but!... - Fionnuala Mussen & Helen Smit***

Is this what you hear when you try to convince your child to eat more healthily? This interactive workshop will explore how you can influence your children’s eating habits and will cover

- Diet and behaviour
- Weight management
- Food labelling
- Healthy recipes... and much more!

Great giveaways and competition prizes up for grabs! So be prepared to get stuck in, learn and have some fun along the way!

***I-Drugs awareness & substance abuse - Sonia Greenidge & Ede Eruero***

Many adults find it difficult talking to young people about drugs and alcohol and the issues surrounding these substances. The team from the Ealing Alcohol and Substance Youth Project (EASY Project) work with young people aged 10-17 and will be providing parents with some general drug and alcohol awareness.

## ***J-Staying safe - Althea Prince***

The aim of this workshop is to raise awareness of gang culture and knife crime in Ealing, and its effects on young people. Parents will gain knowledge and understanding of how gangs can operate, and the risks involved. The workshop will include a range of interactive exercises, using an analytical approach to identified statistical and visual information.

## ***K-Somali workshops – Saynap Isman***

Would you like to be part of workshops specifically designed for parents and carers of Somali children and teenagers? The workshops will focus on • Boosting the parent and teen relationship • Tackling common behaviour problems in teens • Teenage health • Violence/ aggressive behaviour.

Ma jeceshahay in aad ka qaybqaadatid hawlmaalmeed waxbarasho oo looggu tallo gallay waallid ama xannaaneeye carruur iyo dhallinyaro Somaliyeed? Courskaasi wuxuu ku siinnayaa tab ama caawimmaad aad ka hellaysid maddax kooxyo iyo waaliddiin kalle ama xannaaneeyayaal. Waxa diiradda la saarayaa: Kor u qaaddida xidhiidhka waallidka iyo dhallinyarrada • Ka adkaanshaha dhibaataadda guud ee eddebta ka haysata dhallinyaradda • Daryeelka caafimaad ee dhallinta • Qallalaase/ dabbeecad xummo.

### **FREE PRIZE DRAW!!**

Win one of four  
Apple i-pod shuffles.

### ***Where can I get help with...?***

Just browse our marketplace of information stands, or ask our experts. We'll do our best to point you in the right direction!

### ***“Ask the audience”***

Play *Who Wants to be a Millionaire*, and give us your feedback with our fun voting pads!



**ALSO:** Free refreshments  
& lunch - Goody bags -  
Courtesy minibus -  
Live teenage music/dance  
performance



## **To book a place**

Complete the enclosed booking form and return in the FREEPOST envelope provided. Alternatively, email your details to [ksubanney@ealing.gov.uk](mailto:ksubanney@ealing.gov.uk). For more information, call Kate Subanney on 020 8825 6897.