

The newest research shows that the period of adolescence can begin around 10 years and may continue up to 25 years! So, if you think your 10-year-old already acts like a teenager that's probably because the changes in the brain that take place during adolescence may have already started!

It also tells us that this is the 2nd most complex period of development in our child's life. If you would like to know more about this and how to best support your teenager; book a place on the new 4-week programme delivered by trained practitioners by completing the request form on our website:

<https://www.coventry.gov.uk/parenting>

THE TEENAGE BRAIN

COMMUNICATION

MANAGING CONFLICT

Talking Teens:
Your Guide to
Understanding
Teenagers



FAMILY LINKS
The Centre for Emotional Health

MAINTAINING
RELATIONSHIPS



DIFFICULT ISSUES

New 4-week programme available for ALL parents and carers of teenagers in Coventry

Beginning Wednesday 10th January 2024

Weekly 9:30-11:30

Aspire Family Hub

Humber Avenue, Coventry

To book visit: <https://www.coventry.gov.uk/parenting>