

What will the workshop cover?

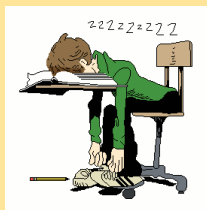
Parenting, routines and boundaries

- Parenting styles and the impacts these can have.
- Why routines and boundaries are important.
- How to promote independence and responsibility.



Sleep

- How much sleep do pre-teens need?
- Why is sleep so important for pre-teens?
- What might affect our sleep?
- How can we improve our sleep?



How to make a referral

If you are a professional who would like to refer a parent or carer to this workshop, please complete a request for service form on the following website:

https://form.northumberland.gov.uk/form/auto/childrens_centres_req

Please note: you will have to select the Incredible years programme as the service you require. In supporting information please specify that you wish to refer to the Pre-Teens Workshop.

Early Help Family Team

103 Wright Street

Blyth

NE24 1HG

If you need this information in large print, braille, audio, or in another format or language please contact us:

Telephone:

01670 798800

 **Believe in children**
Barnardo's


Northumberland
County Council

Parenting Pre-Teens Workshop

Tweens are like a box of chocolates.

You never know which one of their personalities you're going to get.

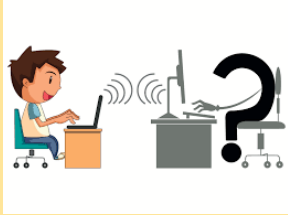
fb.com/perfectionpending
[@perfectpending](https://twitter.com/perfectpending)



What will the workshop cover?

Internet safety

- How can you keep your pre-teen safe online?
- What Apps do you need to be aware of?



Puberty

- What are the signs of puberty to look out for?
- Changes you will see during puberty and how to deal with this.

Further Support

- How to best support your pre-teen.
- Where you can go for support.

What will the workshop cover?

Brain Development

- How the brain develops during childhood?
- How can this impact behaviour?
- What can we do to help healthy brain development?



Behaviour and Emotional Regulation

- How to help your pre-teen manage and respond to their emotions.
- Behaviours you are likely to see and coping strategies for dealing with these.

Leading by example

- How your actions influence your child.
- Setting a positive example.

Who is the workshop for?

The workshop is for the parents or carers of young people aged 6-10 in the South East area of Northumberland.

How do I access the workshop?

The workshop is currently running on Microsoft Teams. It will last for 2 hours with a 10-minute break in the middle. The workshops will take place once a month on a Thursday from 10:00 till 12:00.

What is the aim of the workshop?

Parenting pre-teens is hard! The main aim of this workshop is to help parents understand their pre-teens, and the challenges and changes they face a bit better. This should allow you to communicate more effectively and support your pre-teens to manage their behaviours and emotions.

