

There are some big changes ahead for you and your tween; find out how maintaining a strong and healthy relationship can support their developing independence and reduce stress!



“Very informative!”

“Great presentation, I would definitely recommend it to friends and family with pre-teens and teens!”

How to Connect and Stay Connected to your (Almost) Teen: 10 Things your Teenager Wants you to Know

A presentation for parents of children in Grade 5 to 8

To be held at:

Hedges Middle School Theatre

369 Fairlane Avenue

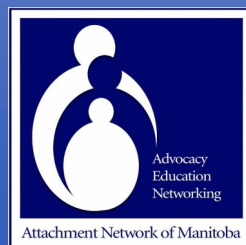
Wednesday, May 9th, 2018

6:00 to 7:30 PM—No registration required



Presented by the
Attachment
Network of
Manitoba

attachmentnetwork.ca



Parents of Grade 5 Students!
This session will be held on: Wed. May 9th 6:00 pm
At : Hedges Middle School Theatre

**How to Connect and Stay Connected to your (Almost) Teen:
10 Things your Teenager Wants you to Know**

A presentation for parents of children ages 10 to 13 years

There are some big changes ahead for parents and their tweens; find out how maintaining a strong and healthy relationship can support a teen's developing independence and reduce family stress!

This presentation will give parents *inside* information on adolescent development which will help them to understand the many puzzling and challenging changes that are part of their child's necessary journey to becoming a responsible and capable adult!

Topics covered:

- Exploring parents emotions as their children move into adolescence
- Current research on adolescent social, emotional and brain development
- The importance of realistic and positive expectations
- Why is a parents' relationship with their teen so critical?
- Benefits of a positive connection for both teens and their parents
- The truth about hormones
- How knowing about teen brain development can help parents understand their teens thinking and behaviour
- Helpful communication tips and strategies
- Managing conflict and relationship repair
- Supporting resilience in your teen

By being more aware of what they can expect at this age, parents will not only likely have a smoother ride through this transition; they will also be supporting their teens' developmental growth and independence in positive ways.