

Understanding your Teenagers Brain

**FREE
ONLINE
Course**

Written by
Psychologists,
Psychotherapists,
& NHS professionals

Go to:
www.inourplace.co.uk
Use Code:
WALSAPARNT

For everyone
around the
Teenager –
Mums, Dads,
Grandparents,
friends and relations



- ✓ The course can be done on any PCs, MACs, iPads, laptop or smartphone, at a time and pace to suit family life
- ✓ There are 11 sessions each taking around 20 minutes (the main screen have optional audio voice-overs)
- ✓ Interactive activities, quizzes, video clips, practical hand-outs

The course covers:

- ✓ Responding to how your teenager is feeling
- ✓ How your teenager develops
- ✓ Different styles of parenting
- ✓ How your teenager communicates
- ✓ Understanding your teenagers behaviour
- ✓ Sleep, self-regulation and anger

For more information on parenting support in Walsall please visit:

<http://www.mywalsall.org/walsallearlyhelp/parenting/>



Walsall Council



PROUD OF OUR PAST, OUR PRESENT AND FOR OUR FUTURE