



# Triple P

## Teen Seminar

### Guiding your teen towards confidence, responsibility and independence!

One of the major challenges for parents of teenagers is knowing how to encourage them to develop the skills they need to become independent. This is best done as a gradual process as the teenager grows from being a child into an adolescent. Every parent has to develop their own approach to creating a relationship that promotes responsible independence. Triple P (Positive Parenting Programme) reduces the stress of parenting and makes parenting more rewarding and enjoyable by helping your teenager:

Take part in family decision making

Be respectful and considerate

Be involved in family activities

Develop a healthy lifestyle

Be reliable and assertive

### Date, time and venue

 **Oak Wood School**  
Sutton Court Road, Hillingdon, Middlesex UB10 9HT

 **Tuesday, 24th February 2026**

 **9.30am - 11am**

For more information about this service, email [annmarief@familylives.org.uk](mailto:annmarief@familylives.org.uk) or call **07949 890 749**

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