



# SUPPORTING YOUNG PEOPLES EMOTIONS AND BEHAVIOURS



## OBJECTIVES

- For Parents/Carers to understand the changes/developments the teenage brain undergoes.
- For Parents/Carers to gain awareness of the 'typical' behaviours.
- To gain a better understanding & develop strategies to help with teenage emotions.
- To know how to identify services to support you.

## OUTCOMES

- For Parents/Carers to learn new skills and tools to help their child manage their emotions and know when and where to get help.
- For Parents/Carers to have gained several, successful strategies to manage their teenager's behaviours.
- Parents/Carers to be upskilled in how to form a more positive bond with their teenager.

[Click here to make a referral](#)