

Dear parent/carer

The transition from Primary to Secondary can be both an exciting and anxious time. As a parent/carer of a P7 child I would therefore like to make you aware of a course we run regularly.

The teenage years can often feel like being on a rollercoaster for parents, carers and young people – plenty of highs, lows and uncertainty about what might be round the corner! The many physical, emotional and behaviour changes that occur mean that adolescence can be a time of vulnerability as well as a time of great opportunity for young people.

Raising Teens with Confidence aims to give parents and carers time to explore how they can best support their teenage children to navigate increasing independence and develop confidence, security and resilience, as well promote emotional wellbeing in themselves.

Drawing on the latest research and findings around what helps support emotional wellbeing throughout life, the course will give you an opportunity to explore with other parents how the teenage years can be a time for the whole family to *'thrive rather than just survive'* (Siegel 2014)!

The six session course will be held at North Berwick Youth Project, 34 Forth St, EH39 4JD on Monday evenings from 7-9pm starting on Monday 30th April and continuing on the 7th May, 14th May, 21st May, 28th May and 4th June. It will be facilitated by Mandy Smith and Martyn Lahiffe.

The course covers;

1. **The Teenage Years:** Why What You Do Matters!
2. **The Amazing Teenage Brain:** What's Going on in There?
3. **Risky Business:** Managing Adventure, Risk and Resilience.
4. **It's Good to Talk:** The Importance of Staying Connected.
5. **The Brain Under Stress:** Overcoming Setbacks and Promoting Resilience
6. **Looking After Your Own Wellbeing:** Coping with the Changes.

There are limited places for the course so if you are interested please e-mail msmith@eastlothian.gov.uk before the 20th April.

Yours faithfully

Marie Prior
Enhanced Support Officer/RTWC Co-ordinator
North Berwick High School

PARENTS AND CARERS TRAINING/COURSE

Raising Teens with Confidence

Promoting Mental & Emotional Wellbeing

