



## Connecting with Your Teen

Research shows that average parent-teen argument occurs 22 times a month. In this presentation, learn how to reduce battles, and engage in fun, meaningful, caring activities and conversation with your teen.

Presentation outline is based on Health Canada, Growing Miracles (Three Cheers for the Early Years), Parent Effectiveness Training, and Invest In Kids Recommendations.

### Course Objectives

- Participants will discover 5 parenting best practices necessary to connect with their teens.
- Participants will learn how to actively listen.
- Participants will use the 6 step problem-solving model to resolve issues.
- Parents will brainstorm effective ways to bond and transmit values.

### Presented by:

Judy Arnall, BA, International award winning Speaker and best-selling author of “**Discipline without Distress: 135 tools for raising caring, responsible children without time-out, spanking, punishment or bribery**” and the new DVD released, “**Plugged-In Parenting: Connecting with the Digital Generation for Health, Safety and Love.**”

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