



Parenting Your Tremendous Teenager

The average parent and teen endure 22 conflicts per month. If you want to increase the fun, caring and respectful relationship qualities between you and your teen, come out to this class and discover what new challenges and fun that life with a teenager presents! This course aims to increase knowledge, confidence and skills in parenting teenagers.

This class will cover:

1. Normal developmental changes and challenges; temperament, personality, and learning styles.
2. Understanding parenting styles and the effect on the behaviour of children.
4. Positive discipline techniques, avoiding power struggles and teaching digital citizenship.
5. Effective communication with your teen that builds healthy self-esteem and emotional intelligence.

For parents of children ages 13 - 19 years

Judy Arnall teaches parenting at The University of Calgary, Continuing Education, Chinook Learning, and Alberta Health Services. Judy is the author of the Canadian bestseller, ***Discipline Without Distress: 135 Tools for raising caring, responsible children without time-out, spanking, punishment or bribery*** and the newly released DVD, ***Plugged-In Parenting: Connecting with the Digital Generation for Health, Safety and Love***. Judy is the parent of 5 children. Jarnall@shaw.ca 403-714-6766 for more information.

