

# Understanding your Teenagers Brain

**FREE  
ONLINE  
Course**

**Written by  
Psychologists,  
Psychotherapists,  
& NHS professionals**

**Go to:  
[www.inourplace.co.uk](http://www.inourplace.co.uk)  
Use Code:  
WALSAPARNT**

**For everyone  
around the  
Teenager –  
Mums, Dads,  
Grandparents,  
friends and relations**

- ✓ The course can be done on any PCs, MACs, iPads, laptop or smartphone, at a time and pace to suit family life
- ✓ There are 11 sessions each taking around 20 minutes (the main screen have optional audio voice-overs)
- ✓ Interactive activities, quizzes, video clips, practical hand-outs

#### The course covers:

- ✓ Responding to how your teenager is feeling
- ✓ How your teenager develops
- ✓ Different styles of parenting
- ✓ How your teenager communicates
- ✓ Understanding your teenagers behaviour
- ✓ Sleep, self-regulation and anger

For more information on parenting support in Walsall please visit:

<http://www.mywalsall.org/walsallearlyhelp/parenting/>



**Walsall Council**



**PROUD OF OUR PAST, OUR PRESENT AND FOR OUR FUTURE**