



## Bringing Up Great Kids: Parenting Adolescents

### **Setting the context for BUGK: Parenting Adolescents.**

BUGK: Parenting Adolescents was developed to promote positive and nurturing relationships between parents and adolescents and to support parents to reflect on the nature of their relationship with them. The BUGK: Parenting Adolescents program supports parents to move from their “custodian” role when their children were younger and the parents were completely responsible for the child’s physical, social and emotional needs to a more “consultant” role. The consultant role enables the adolescent to be part of the decision making about their lives.

BUGK: Parenting Adolescents also helps parents to appreciate their adolescent’s perspective or experience of the world. Parents are supported to understand adolescent brain development with a focus on their emotional development and reasoning abilities and reflect on how this understanding may influence their parenting approach.

Parents are encouraged to reflect upon and understand the meaning behind their adolescent’s behaviour. Together with an awareness of the parent’s own triggers, this insight gives parents the ability to contain strong emotions and to think through their responses to the adolescent rather than respond with ‘knee-jerk’ reactions.

The program is also built upon a belief that all parents need good support and self-care to be the kind of parent they aspire to be for their adolescent. Acknowledging the significant challenges faced by all parents, the notion of accessing support is normalised and encouraged throughout the program.

## **Program Aims**

The BUGK: Parenting Adolescents program aims to strengthen the capacity of parents to reflect on their role in supporting their adolescent to forge their own identity and path and to navigate the crucial space of both holding on and letting go during the adolescent years.

The program supports parents to allow their adolescent to move away from them; to explore who they are, engage with peers and take risks while still being there to guide, nurture and support. It aims to support parents to review and modify their patterns of interacting with their children during the adolescent period, which both promotes more respectful interactions and encourages adolescents to explore their identity.

BUGK: Parenting Adolescents also works to establish a new relationship context for adolescents and their parents as the relationship transitions from the parent/child relationship through the parent/adolescent relationship to the adult/adult relationship.

The program centres on building on and maintaining the positive relationships and interactions between parents and adolescents that were built during the early years. This works from a strength-based perspective and aims to further resource parents to:

- better understand and support their adolescents through this period of adolescence;
- find meaningful ways to stay connected with their adolescent;
- accept their adolescent as an individual who is exploring their identity, pushing the boundaries and moving away from the family;
- identify and evaluate the source of their parenting approach and philosophy;
- identify and address the sources of unhelpful or hurtful attitudes that parents may hold;
- be comfortable with their own vulnerability during this time;
- understand that all behaviour and interaction has meaning attached to it;
- the meaning parents attach to behaviours and interaction is determined by how they have come to see their world;
- develop an increased understanding about the messages that they communicate to their adolescents through their behaviours, actions and attitudes;
- increase their ability to understand and acknowledge the impact of these messages on their adolescent;
- develop skills in identifying and managing their stress associated with parenting; and seek further professional assistance about their parenting if required.

## **Program Objectives**

The main objectives of this program are to:

- increase reflective capacity in parents
- promote positive, respectful parent/adolescent relationships
- support parents to provide a secure, nurturing, loving base for their adolescent
- encourage and equip parents to stay connected to their adolescent whilst also allowing them to gradually move away and forge their own path.

## **Program Chapters**

The program is structured into seven 'chapters' or sessions with each chapter focussing on a particular theme.

Chapter 1: What's going on in my head? The adolescent brain – a renovation zone!

- An understanding of adolescent brain development.

Chapter 2: You and me – we're in this together!

- An opportunity to reflect on what influences parenting styles and practice.

Chapter 3: What are you doing? Adolescent behaviour

- An understanding of the meaning behind their adolescent's behaviour and the triggers the behaviour has on the parent's own responses.

Chapter 4: What do you see in me? Parent behaviour

- Supporting parents as their parenting style adapts to parenting adolescents.

Chapter 5: Can you hear me?

- An understanding of effective communication and the potential barriers.

Chapter 6: Everyone's looking at me!

- An insight into the elements that may contribute to an adolescent view of themselves and an opportunity to reflect on the elements that shape the parent's view of their adolescent.

Chapter 7: The New Landscape

- An appreciation of the adolescent's need for understanding, reassurance, safety, nurturing and to be able to explore their independence.
- Practical support around recognising and managing stress and asking for help. An understanding of effective communication and the potential barriers.

## Chapter 6: Everyone's looking at me!!

- An insight into the elements that may contribute to an adolescent view of themselves and an opportunity to reflect on the elements that shape the parent's view of their adolescent.

## Chapter 7: The New Landscape

- An appreciation of the adolescent's need for understanding, reassurance, safety, nurturing and to be able to explore their independence.
- Practical support around recognising and managing stress and asking for help.

All participant receive a support book and handouts.  
Each session is 90 mins.

For further information or to book your place in the next course, please email me at [smorgan@archimedeslearningservices.com](mailto:smorgan@archimedeslearningservices.com)

