

Positive Parenting (10-16 year) ONLINE TEENS

Parenting is not always easy. Many parents can use some tips and advice. Positive Parenting helps parents with common parenting questions.

Positive Parenting ONLINE TEENS

Positive Parenting Online Teens is an online program that you can partake in independently on your phone, tablet or laptop. You will learn how to stimulate desirable behavior in your teen in various ways and how to deal with unwanted behavior. You always choose which parenting skill you use, this can also vary. In this way you develop a parenting approach that is completely tailored to your teenager and your family. You feel more confident as a parent.

For who?

Positive Parenting is there for all parents.

- for parents with teenagers from 10 to 16 years old
- English speaking parents

Aim

- you gain insight into the behavior of your teen
- you gain insight into your way of parenting
- you learn how to stimulate desired behavior in your teen
- you learn how to deal with undesirable behavior from your teen



What does the course look like?

- 6 modules of 30 to 60 minutes with videos and exercises
- personal workbook and information sheets (online)
- unlimited access to Positive Parenting Online for one year
- telephone support (as needed)
- extra video "Positive Parenting during Corona crisis"

Would you like more information?

Send an email to: Cecile Winkelman,
c.winkelman@oktamsterdam.nl.

Positive Parenting is an international parenting program that has been proven to be effective.

More information can be found at: www.positiefopvoeden.nl