



**Brilliant  
Parents**  
Transforming  
Children's Lives

# Teen Triple P Discussion Group

**Getting Teenagers to Cooperate**



**Triple P Discussion Group – Getting Teenagers to Cooperate**  
**Tuesday 26<sup>th</sup> March 2024**  
**10 am- 12 noon**  
**Delivered via zoom**

## IS THIS YOU?

You are doing a pretty good job at raising your teenager, but sometimes you struggle with knowing how to encourage him/her to cooperate. This can be particularly challenging when you are not sure when to respect a teenager's growing independence and when to insist that they do as you ask.

Do you know that it is natural for them to test the limits?

They also need to learn to follow reasonable requests and learning to cooperate with others is an important life skill that parents can teach their teenagers by having clear limits and setting a good example.

This Triple P (Positive Parenting Programme) small group workshop will look at some of the reasons why teenagers can be uncooperative and give you some practical suggestions to both help you teach your teenager to cooperate with your requests and manage any problems if you need to.

**To register, kindly complete and submit both the registration form and parenting experience survey at these links:**

<https://www.brilliantparents.org/brilliant-parents-bl-registration-form/>

<https://www.brilliantparents.org/triple-p-parenting-experience-survey/>

