

Let's Talk

Programme Content

Let's Talk is a targeted Parenting programme delivered for mothers, fathers, grandparents and any other adults who have responsibility for caring for young people aged 10-17 years. The Youth Offending Service has a contract with Barnardo's Sungate Family Project to deliver this programme to their client group.

Let's Talk helps families to:

- Set ground rules for their young people
- Understand the teenage years
- Communicate, negotiate and compromise
- Recognise when they need help to manage their young person's behaviour
- Tackle issues around drugs and alcohol.

2009/10 Parent Feedback

As a result of doing the programme:

- 50% of completers have more confidence
- 25% feel happier in their role as parents
- 38% have more time for themselves
- 25% cope better
- 25% shout less at their children
- 75% understand their children more
- 38% manage their children's behaviour better
- 38% set limits for their children
- 50% listen to their children more
- 50% talk to their children more.

Next Steps for Parents

- Family Learning or adult learning. For information about current provision, contact Family, Adult and Community Learning on (0191) 561 2620
- A community activity. Search the directory to find one <http://www.familiesinfoservice.com/findaservice.html>
- Volunteering. For details of the training package and induction available to local parents/carers, contact your local Children's Centre.