



## Moody Girls and Sex-Crazed Boys: Parenting teen girls and teen boys in the digital age.

The average parent and teen endure 22 conflicts per month. If you want to increase the fun, caring and respectful relationship qualities between you and your teen, come out to this class and discover what new challenges and fun that life with a teenager presents! This course aims to increase knowledge, confidence and skills in parenting teenagers.

This class will cover:

- Normal developmental changes and challenges
- Understanding parenting styles and the effect on the behaviour of children.
- Positive discipline techniques, avoiding power struggles and teaching digital citizenship.
- Effective communication with your teen that builds healthy self-esteem and emotional intelligence.
- Parenting Teen Girls – Laurie Strother
- Parenting Teen Boys – Judy Arnall

For parents of children ages 13 - 19 years

Presented by: Laurie Strother, Parenting Coach and Judy Arnall, Parenting Educator.

Laurie Strother, BScN, works with parents of teens and emerging adults. She is a mother of 3 young women, holds a Bachelor of Science in Nursing, and is a Certified Family Coach. Her presentations are designed to assist parents in improving the quality of their relationships with their children at a challenging age, empowering them to create a family that nurtures and supports each individual's growth.

Judy Arnall, BA, teaches parenting through several organizations and is the mother of 4 teen boys.

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