



# Inputs for Schools

## Parent Workshops

Busy parents/carers can find it difficult to attend one of our open access courses in London but often take advantage of a course hosted at their child's school. Where they are offered an opportunity to develop an understanding of teenage brain changes and how to promote good mental health and resilience in their children, they are better able to engage effectively and provide appropriate support through adolescence.

Our parent workshops (delivered either as **1 full day** or **3 x 2hr evenings**) can be conducted at your school for between 30-100 participants.

Please contact us for more details.

## Feedback on Talks for Parents (in Schools)

*"An insightful workshop for our parents which was full of constructive and helpful ideas. It was delivered with an empathetic and personal touch. I can highly recommend it."*

Mrs Jane Crouch, Headteacher, **Dame Bradbury's School - a leading prep school for top independent and state senior schools in Cambridge and Essex**

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*"Thank you so much for coming and giving our parents such an uplifting, warm and witty talk on Tuesday. The subject of teenagers is clearly fascinating (if a little daunting!) to all those who have them and all of us who will have them in the not so distant future. To be reminded that they can't help much of their behaviour and to be given tools to deal with it is incredibly reassuring, I for one came away full of resolve for dealing with that time in our lives when it comes upon us. The feedback from parents was excellent (one described the session as 'meaty'), all in all it was a super evening."*

Mrs Davina Greig, Head of Parent Friends Association, **Notting Hill Prep School, London**

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*"Teenagers Translated have done a number of presentations to groups of our parents during the last 18 months. They have been very well received by parents as they valued the clear, helpful information and fascinating insights into teenage behavior and the developing teenage brain. The talks come highly recommended as a source of support and advice ."*

Mrs Carole Cameron, Deputy Head, **Queen Margaret's School, Escrick, York**

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*"This is the sort of course that all parents should do. To have the goings on in a teenagers brain explained in such a clear, supportive and reassuring way was enlightening to say the least. In addition, to be given the tools to cope with the ups and downs of teenage life was invaluable. Thank you for providing me with the means to have a great relationship with my children as they go through this particularly challenging time in their lives."*

Mrs Kate Chaytor Norris, **Aysgarth School, Yorkshire**

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Teenagers Translated, 3 St. Peter's Grove, York, YO30 6AQ

Janey Downshire - 07808 144535

Naella Grew - 07939 035847

[www.teenagerstranslated.co.uk](http://www.teenagerstranslated.co.uk)