

Help! A Teenager Has Moved into My Child's Body!



As our children mature we are often caught off guard by the rapid changes they experience. As the pull of peer pressure becomes more intense, and interest in clothes, music or the opposite sex takes on more importance, we may struggle with our emerging adolescents. The strategies that served us well with younger children must be refined as we deal with more complex challenges. This four-week series will cover the following topics:

- April 3rd - Help! Normal Adolescent Development**
- April 10th - " But Everyone Else Is Doing It"**
Understanding Peer Pressure
- April 17th - "I Can't Hear You When I Am Yelling"**
Effective Communication
- April 24th - "You Can't Make Me"**
Reducing Power Struggles

Tuesdays, 12:00 - 2:00 p.m., Brown Bag Lunch
Family Education & Guidance,
Plano ISD, Bird Education Center,
1300 19th St, Plano, 75074

*For more information contact Barbara Anderson at (469) 752-2272 or
barbara.anderson@pisd.edu. Visit
www.pisd.edu/about.us/departments/familyservices.shtml
for a complete list of parent education classes.*