

## **The Strength of Toolbox Parenting**

Kylie was a single parent, and had two teenage girls, aged 13 and 15. She was finding their behaviour difficult to control, they were moody and argumentative. Kylie was fed up, and often felt depressed because of how hard it all seemed.

The Teenage Years Toolbox course talks about how “parenting is a serious job – not to be taken too seriously!” With teenagers, the atmosphere in the home is all important, and the Toolbox course is full of ideas about how to re-establish communication on a lighter level, and how to encourage mutual respect, without giving away control.

Like all course participants, Kylie was encouraged to choose one new thing from a list of ideas to practise at home between sessions. Kylie said that she had lost her sense of humour, and that she was going to practise humour with her girls. She was not sure how to start, so other participants gave her some suggestions.

The next week, Kylie came bouncing through the door. She was so much happier, and had regained so much self-confidence. It had not all been easy, and the girls were somewhat disdainful. But, Kylie could see that she should not take all their moods and tantrums quite so seriously, and felt that she was on to something useful.

### **Toolbox Courses at West Auckland Family Services**

Toolbox Parenting is a programme developed by Ian and Mary Grant, the founders of Parents Inc. West Auckland Family Services launched the courses in early 2006 to help families in need of guidance and support.

- Early Years Toolbox (0-5)
- Middle Years Toolbox (6-12)
- Teenage Years Toolbox

Courses for parents of each age group are held regularly in the West Auckland area. **For more information call West Auckland Family Services on (09) 818 6834.**