

## Development of small parenting group regarding impact of parenting, communication

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### Abstract:

Adolescents and preadolescents need positive communication, attention, monitoring, and affection from their parental figures in order to have the most positive outcomes. Research shows that one of the largest groups of violent offenders are those who commit aggressive behaviors as teenagers. There is evidence to suggest that if a child is aggressive from early childhood this trend may likely continue into the adolescent years. For this thesis project, a psychoeducational parenting group was designed around parent-adolescent communication, parental monitoring, attachment, and parenting styles in hopes of preventing or curtailing adolescent poor behavior. The goal is to examine the way parents are currently engaging with their children and have the parents evaluate if they can do better. What is it that parents need to do to become more effective and establish a better relationship with their children? The first step in project development was creating an overview of the parenting group and determining how many weeks would be appropriate. Another important determinant was deciding the duration of the individual group sessions.

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