

Solution

Talk

Thanks to all the parents who attended the recent courses on parenting neurodivergent children and parenting when separated. In the coming weeks I will begin a 3-night course on parenting pre-teens and teenagers and short workshops on motivating your ADHD children and on managing anxiety and stress in your children. Further details are below, along with a link to parenting Q&As.

all the best,

John

www.solutiontalk.ie

www.instagram.com/john_sharry

Upcoming Parent Events

Motivating Your ADHD Children and Teenagers

An online workshop with John Sharry



Wednesday 8th April 2026, 7.30-9.00pm

Motivating Your ADHD Children and Teenagers

This practical online workshop supports parents to understand ADHD children and teenagers, the factors that affect their motivation and executive function, and to discover effective strategies to help them.

Topics include:

- Understanding the interest-based nervous system and motivation
- Using motivational strategies for success
- How to support your child's executive function
- Building your child's self-esteem and confidence

[Click here for further information on this workshop](#)

Positive Parenting Pre-Teens and Teens

3-WEEK ONLINE COURSE WITH JOHN SHARRY

Managing conflict, solving problems and building a warm relationship with your teenager.



Tuesdays 7.30-9.00pm, starting April 14th

Positive Parenting Pre-Teens and Teens Course

The teenage years are some of the most challenging times for families. Communication can suffer as teenagers pull away from their parents, while teenagers are dealing with increased emotional turmoil and new challenges in their lives. This interactive and supportive three-week course will show parents how to:

- Understand their teenager's world and the challenges they experience
- Manage conflict and communicate effectively
- Set boundaries and guide your teenagers
- Manage challenges such as school, anxiety and conflict with siblings
- Empower teenagers and build their self-esteem
- Stay connected and build warm family relationships
- Look after your own needs as a parent

[Click here for further information about this course](#)

Helping Your Children & Teenagers Manage Anxiety and Stress

An online workshop with John Sharry



Wednesday 6th May 2026, 7.30-9.00pm

This practical, online workshop will introduce parents to a strengths-based model for supporting your children and teenagers to manage anxiety and stress.

Topics include:

- Understanding the sources of anxiety and stress for children
- Co-problem-solving with children
- Co-regulating and managing feelings of anxiety
- Addressing underlying issues and changing the environment
- Empowering children and building on their strength

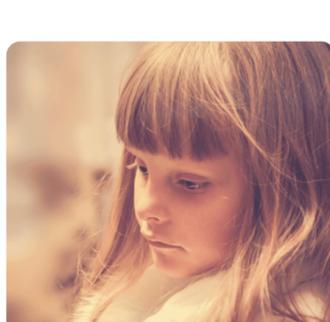
[Click here for further information about this course](#)

Parenting Articles and Q&As

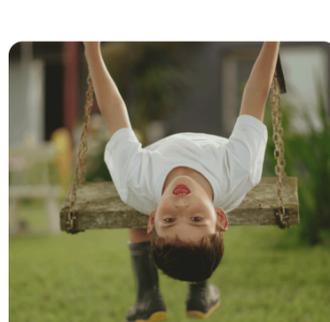
There are hundreds of archived parenting Q&As and articles available to read on my website, you can browse through sections by categories such as:



Teenagers



Anxiety



Neurodiversity



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