

Parenting Teens

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Your Teenage

- When you think about your teenager, what are some of the things that come to mind?
- Perhaps you find yourself thinking about your desire for your teenager's success and happiness
- Or your fond memories of your teenager as a child
- Or your teenager's performance in school
- Or your teenager's attitude and approach to life
- Or the fight you had with your teenager last night
- Or your teenager's increasing interest in independence
- Or...

Teenage

Parents of teenagers have the same goal, to successfully parent their teen into happy and healthy adults.

It's been said that the three things children need for good mental health are significant sense of identity, security and self-esteem, also known as the Three Ss.

Secondary School

- Wow..... time zipped around fast!!
- Scary feeling
- Crucial period as a parent:
 - NCEA
 - Form classes
 - Subject choices

a lot to get right

and a lot that could go wrong!

Teenage Years

- Extension of the last 12 years
- Emotional support
- Hormonal upheavals
- Increasing peer pressure
- Media and marketing world

Working together to get the “best fit”

Constant trials and tribulations

Roadmap to find your way through these years?

- Educate Yourself
- Put Yourself in Your Child's Place
- Pick Your Battles
- Maintain Your Expectations
- Know the Warning Signs
- Respect Kids' Privacy
- Monitor What Kids See and Read

Raising Teens

- Networking
- Centre of their universe
- Adequate role models – learn to negotiate / avoid arguments
- Avoid interrogation – information without interrogation
- Communicate expectations
- Refrain from leaping into punishments – implement consequences instead
- Support your spouse
- Do not accept unacceptable behaviour
- Facing temptations

It takes a whole village.....

Warning signs of Troubled teens

- dropping grades;
- extreme mood swings that do not fit the situation;
- volatile temper and/or intense sadness;
- loss of interest in activities;
- a sudden change in peers and/or avoids positive friendships;
- becomes secretive;
- fails to comply with rules and limits;
- teen begins to experiment with alcohol and drugs;
- attitude is more surly and defiant;
- openly displays rebellion;
- and spending too much time alone or sleeping.
Lying : important to make a distinction.

Additional Challenges

- Immigrant families
- Stressed Parents
- Peer Pressures
- Academic demands
- Feelings of insecurity

Dilemmas

- Being too looseBeing too strict
- Making light of problem behaviours
.....making too much of typical adolescent behaviours
- Holding on too tight
.....forcing independence too soon.

Strategies for Teens

- Smacking?
 - no winners - everyone loses
 - role models
- Butting heads

No such thing as a “good hiding”

Alternatives

- Channels of Communication
 - Provide opportunity to calm down
 - Remain in control of your behaviour
 - Empathy and understanding
 - Provide best choices
 - Proactive attitudes
 - Incorporate fun times
-What does your family do for fun?


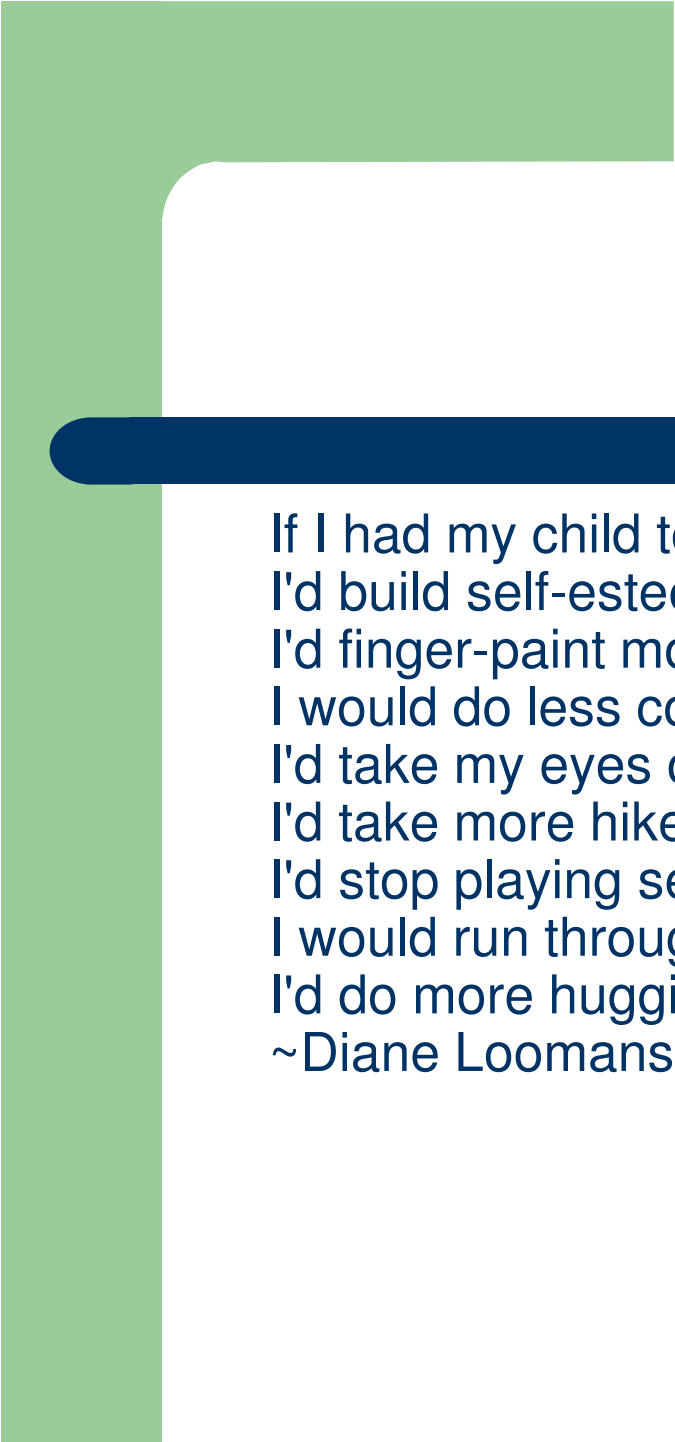
Will This Ever Be Over?

- They have big dreams help them get there!
- So remember the motto of many parents with teens: We're going through this together, and we'll come out of it — together.

Finishing thought

Don't worry that children never listen to you;
worry that they are always watching you.

.....Robert Fulghum



If I had my child to raise all over again,
I'd build self-esteem first, and the house later.
I'd finger-paint more, and point the finger less.
I would do less correcting and more connecting.
I'd take my eyes off my watch, and watch with my eyes.
I'd take more hikes and fly more kites.
I'd stop playing serious, and seriously play.
I would run through more fields and gaze at more stars.
I'd do more hugging and less tugging.
~Diane Loomans, from "If I Had My Child To Raise Over Again"