



Kings Langley
Secondary



Bedmond
Primary



Bovingdon
Primary Academy



Kings Langley
Primary



Nash Mills
Church of England
Primary



Sarratt
Church of England
Primary



St Pauls Chipperfield
Church of England
Primary



Kings Langley Partnership of Schools

Working Together to Prepare our Children for the Challenges of Tomorrow

Top Tips for Parenting Teenagers A Guide for Parents

Parenting teenagers can be a challenge but they still need you. Sometimes it's easy to forget that while being an adult has all sorts of stresses and strains, being a teenager isn't always that great either.

First of all, they are at a difficult age when they're no longer seen either as children or as adults. Secondly, their hormones are racing, they're under pressure from friends and the media to keep up, and their schoolwork is more important now than ever.

These are just some of the issues that lead to the mood swings and emotional outbursts that we commonly associate with teenagers, and can be worth remembering when handling problems and difficult situations with your teen.

Teenagers need love

- ◆ Teens are still in need of care and attention. Don't let them fool you - they still need their parents around to offer support and guidance

Teenagers need privacy

- ◆ They constantly worry about their looks, their bodies, and the strange feelings and thoughts they are experiencing. Give them space and don't take it personally if they prefer not to talk to you



0808 800 2222
www.familylives.org.uk

Top Tips for Communicating with your Teenager



Teenagers need to be different

They need to show to the world that they're growing up and are no longer an extension of you. This might mean being awkward or stropy and doing things you probably wouldn't like, such as getting a piercing or a tattoo.

Teenagers need boundaries

They may kick up a fuss about being old enough to look after themselves, but the truth is that teenagers don't always make the right choices and they know this as well as you do.

- ♦ Make and agree boundaries with your teen and make it clear that they're being looked after
- ♦ Boundaries actually make them feel safe and secure

Teenagers need to be listened to

- ♦ Listen - Show them that their ideas and opinions matter, even if you disagree with them
- ♦ Compromise is key - try to negotiate something that's fair to you both and then let them take responsibility for their own decisions

How do you discipline teenagers?

Are you still in charge, or is it time for a change?

Many parents realise that the kind of discipline you used when they were younger doesn't seem to work any more. It's often tempting to try and be their friend but they still need you to be the parent and let them know what the rules and boundaries are. But it is essential for your teenager to be able to work out what being a young adult means for them so this will inevitably lead to some clashes with you.



KEEP
CALM
AND
TALK TO
ME


family
lives

0808 800 2222
www.familylives.org.uk