

Parenting teenagers



TOP TEN TIPS
for parents and families

Parenting teenagers

Being a parent is not easy.

The teenage years can be particularly difficult as teenagers may behave like adults one minute and children the next. Here are some **TIPS** which you may find helpful.

Remember you are not alone, contact details of our partners' helplines are at the end of this booklet.

Conflict is normal

Conflict with your teenager is not always a bad thing - your teenager is learning to become independent.



Try to stay calm.

Listen to your teenager's point of view and decide what is worth taking a stand on and what isn't.

Give clear guidelines

Set out clear guidelines about what's acceptable. Tell your teenager where you're going, who with and when you'll be back - expect them to do the same. Teenagers need guidelines just as much as younger children - setting boundaries shows you care.



Respect their views

Don't expect teenagers to agree with everything you say.

The teenage years are a time of testing opinions and people.

Sometimes parents and teenagers have to agree to differ. Your

teenager is more likely to respect your views if you respect theirs.



Show interest

Let your teenager know that you're interested in what they

do at home

and school.

Offer support

with school

work and

revision. Keep

an eye on where

they are and who they are with,

encourage them to talk about

how they feel - but don't turn

interest into pressure.



Spend time together

Your child is maturing and your relationship may be changing.

Spend time doing everyday things together. The

teenage years are exciting and enjoyable. Have

fun - they'll soon be

grown up. Let them know you're always there for them.



Make time for talking and listening

Teenagers say that their parents do not listen to them. Let your teenager know that you have time to talk. Share your values with them but don't impose them. If your teenager wants to talk, make time to listen.



Give them space

We all need time for ourselves. Teenagers need their own space, time for themselves and the right not to tell their parents everything about their lives. Respect your teenager's right to privacy and try to remember what it was like to be a teenager.



Encourage them

Giving encouragement and taking an interest in your teenager is as important as praising them. Praise them for their efforts and let them know when they do something that pleases you. Don't be afraid to tell them you love them, even if you get no response.



Share your life experiences

Let them know that you've made mistakes and tell them some of

the things that

you would do

differently

if you had

the chance.

Let them

learn from the

consequences of their actions -

don't protect them too much.



Look after yourself

Parents today have a difficult job to do but parents don't need to be perfect. Make sure you look



after yourself and have people to talk to when you need to. Try to spend sometime thinking about

your own life and priorities

If you need someone to talk to or require specific information our partner helplines can help.

ParentLine Scotland

0800 028 2233

Lone Parent Helpline

0808 801 0323

Stepfamily Scotland

0845 122 8655

Advice Service

Capability Scotland

0131 313 5510



supporting families to support children

Parenting across Scotland (PAS) is a partnership of adult relationship and children's charities working together to provide a focus for issues and concerns affecting parents and families in Scotland.

E-mail: pas@children1st.org.uk
www.parentingacrossscotland.org

Funded by the Scottish Government
Published February 11

