

Parenting teenagers



TOP TEN TIPS
for parents and families

Parenting teenagers

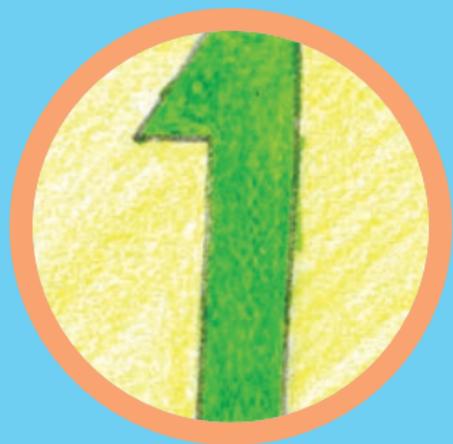
Being a parent is not easy.

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.



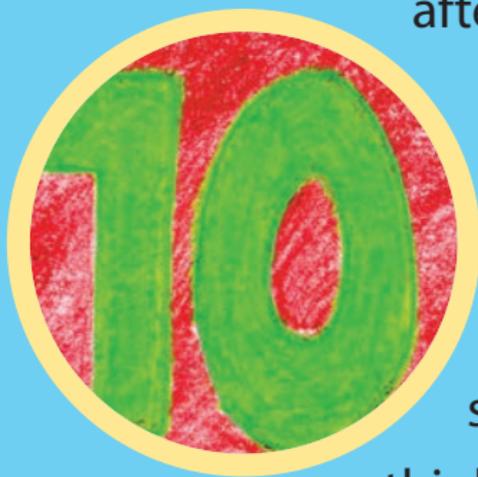
Share your life experiences

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.

Where to find help:

Contact

0808 808 3555

Offers information, advice and support to parents and carers of children with any special need or disability.

www.contact.org.uk

Enquire

0345 123 2303

Practical advice and information about education and additional support for learning in Scotland.

www.enquire.org.uk

Families Outside

0800 254 0088

Support and information helpline offers help and support to prisoners' families.

www.familiesoutside.org.uk

Lone Parent Helpline

0808 801 0323

The Lone Parent Helpline provides support and advice on anything from dealing with a break-up, moving into work or sorting out maintenance, benefit or tax credit issues.

www.opfs.org.uk

Parenting across Scotland

You can access free parent resources, support networks and parent helplines on a range of topics.

www.parentingacrossscotland.org

ParentLine Scotland

0800 028 2233

For any parent or carer in Scotland who needs information, support or guidance or simply someone to talk to.

www.children1st.org.uk/help-for-families/parentline-scotland/

Scottish Families Affected by Alcohol and Drugs

08080 10 10 11

Provides support and advice to anyone concerned about someone else's alcohol or drug use.

www.sfad.org.uk

Sleep Scotland

0800 138 6565

Sleep Scotland's free sleep support line provides on-the-spot guidance to parents and guardians struggling with their children's and teenagers' sleep problems.

www.sleepscotland.org

Young Minds

0808 802 5544 parents' helpline

Information on child and adolescent mental health. Services for parents and professionals.

www.youngminds.org.uk



Parenting across Scotland

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