

PARENTING TIPS



# Negotiating Rules with your Teenager

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## Negotiating Rules with Teenagers

The teenage years are often marked by a push for independence and increased conflict with parents over rules and boundaries.

Negotiating and agreeing rules with teenagers is a crucial part of parenting

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### CORE RULES

What are the core rules that you need to hold as a parent so you can help your teenager grow up well and keep your home peaceful?

Usually, I suggest to parents, to keep these core rules to a minimum, centred on important things such as **safety**, **health**, **education** and **respect**.

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# RESPECT

The key rule to keep with teenagers is respect. You want them to learn to negotiate their point respectfully.

**How** your teenager communicates with you is often as important as **what** they are communicating.

It is okay for your teenager to push for freedom and to question rules, but it is not okay for them to over-argue, badger or bully you.

Equally, you need to make sure **you** always communicate respectfully to your teen.

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## COMMUNICATING ABOUT RULES

Always **listen first** and make sure to understand what is important for your teenager.

Then you can let them know your own thoughts directly and clearly - present them in a way that benefits your teenager rather than as a statement of your authority. For example:

"I am only insisting you are collected from your meet-up so I know you are safe and well"

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### **DISPUTES ABOUT RULES**

In disputes over rules with teenagers it helps if, as much as possible, you can try to find a win-win.

You want to find a way for your teen to get what they want or need, while keeping the important rules.

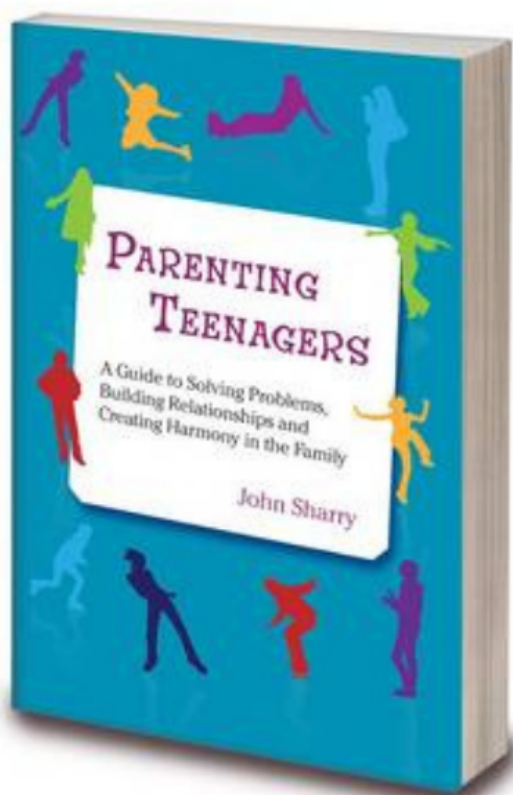
For example, How can your teenager get out to meet their friends in a way that you feel they are safe and secure?

Win-win solutions might include accompanying them to and from venues, inviting their friends over, making contact with their friends' parents, keeping in phone contact or any other ideas that work for both of you.

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## FURTHER READING



There are lots more ideas about bringing up teenagers in my book, 'Parenting Teenagers'.

Available in libraries and to buy in all the usual places.

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