

Parenting Pre-teens and Teenagers



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Parenting: An important note



THERE IS NO SINGLE RIGHT WAY TO RAISE TEENAGERS

- What matters is finding a way that works for you, your teenager and your family.



BE CAREFUL ABOUT PARENTING EXPERTS

- Trust your own intuition and test ideas in your own experience.

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Goals for the Course

 What are you hoping for?



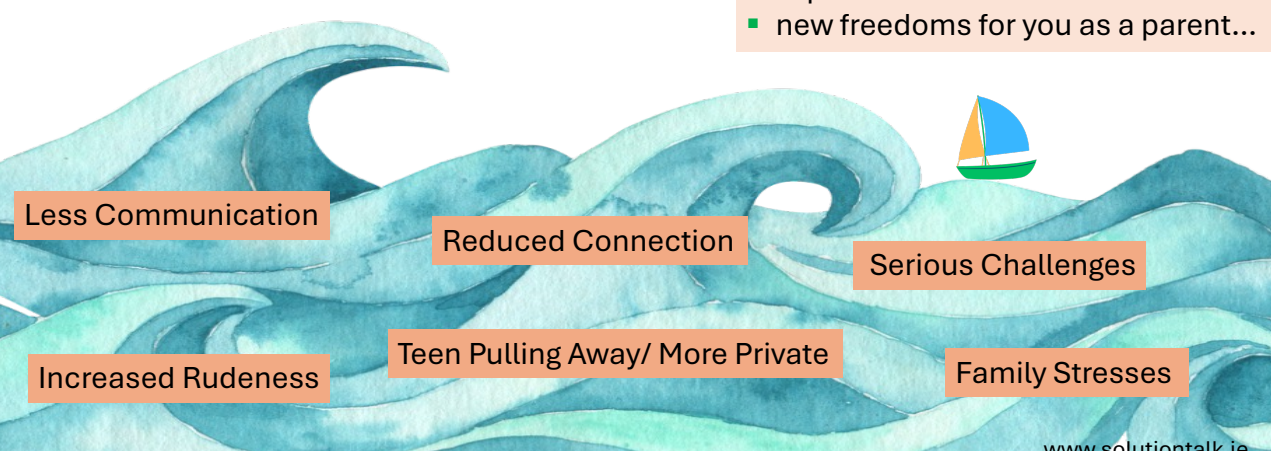
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Parenting Teenagers: A Stormy Time

There are good things too....

- developing a new adult relationship with your child
- sharing in and enjoying their experiences
- new freedoms for you as a parent...



Less Communication

Reduced Connection

Serious Challenges

Increased Rudeness


Teen Pulling Away/ More Private

Family Stresses

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What is Going On for Teenagers?



- Body Changes, Hormones, Intense Feelings**
- Worry About Identity** – *Who am I?*
- Worry About Relationships** – *Does anyone like me?*
- School and Academic** – *What will I do with my life?*
- World Worries** – *climate, politics*
- Specific Challenges** – *bullying, changes within the family..*
- Different Needs** – *Autism, ADHD, Sensory Differences..*

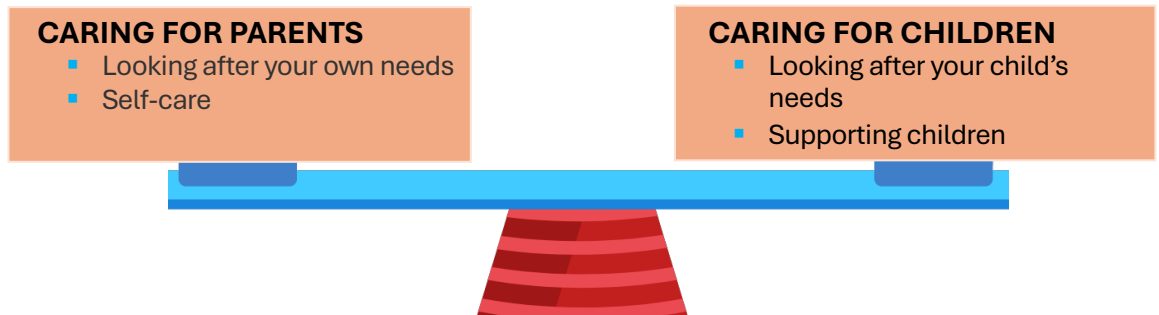
There are good things too....

- discovering your niche
- deep friendships
- new freedoms...

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Parenting Getting the Balance Right



CARING FOR PARENTS

- Looking after your own needs
- Self-care

CARING FOR CHILDREN

- Looking after your child's needs
- Supporting children

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Parenting Getting the Balance Right

PARENT TAKES LEAD

- Guide and protect
- Set rules
- Encourage child to behave certain way

CHILD TAKES LEAD

- Support them to decide
- Listen to them
- Encourage independence



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Positive Parenting

What is your most important priority as a parent of a teenager?

Cultivate Your Relationship with Your Teenager



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The Relationship Bank Account

**Making Deposits
in Your Relationship.**



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Making Deposits



Special Time

1. **When** did you last **connect** with your teen?
(listen, have a chat, share news...)
2. When did you last **enjoy being with** your teenager?

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Putting Money in the Relationship Bank



Making a Connection

- Usually **one to one** time with teen.
- Good **time** of day, when your teen is open.
- Activity your teen **enjoys** or is interested in.
- Ideally an activity that **you also love**.
- Activity that allows for **chat**.
- Do **regularly**, ideally daily.

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Making Deposits



Getting to Know Your Teenager's World



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Making Deposits



1. How can you **improve** your relationship when you feel disconnected?
(when there is no 'money in the bank')
2. What do you do **if they refuse** your deposits?

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Making Deposits



Responding to Your Teenager's Initiatives



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Responding to Your Teenager's Initiatives

Examples:

They ask for help with homework and you're busy...give a them a little bit of time and arrange more time to help further.

They want to watch a favourite TV programme and you're doing housework...postpone the read and watch the programme with them.

They ask you for a lift somewhere...rather than lecturing him about 'not being their chauffeur', use the journey as an opportunity to listen and talk to them.

They suddenly open up one night because their boyfriend split up with them... you are tired but you choose to stay up later and listen.

They ask you a personal question when you're scrolling on your phone...put down the phone for a few minutes and try to listen and answer the question.

They ask you for extra money...rather than immediately saying "no", listen to what they want the money for. Explore ways they might earn some extra money that suits you – washing the car, tidying her room etc.

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Responding to Your Teenager's Initiatives



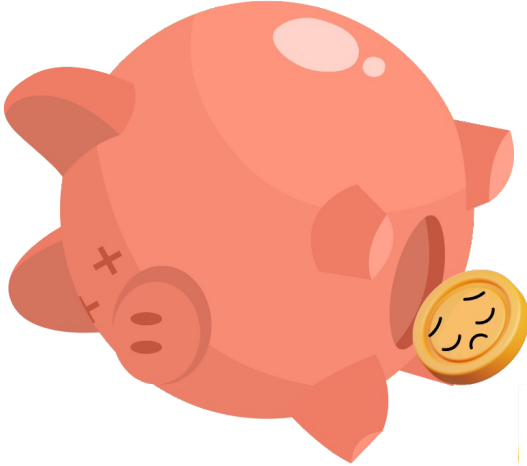
1. When does your teenager **seek attention** from you?
2. When are you able to **respond positively**?
(to listen or to give them what they ask...)
3. How can you **increase** your positive responses?

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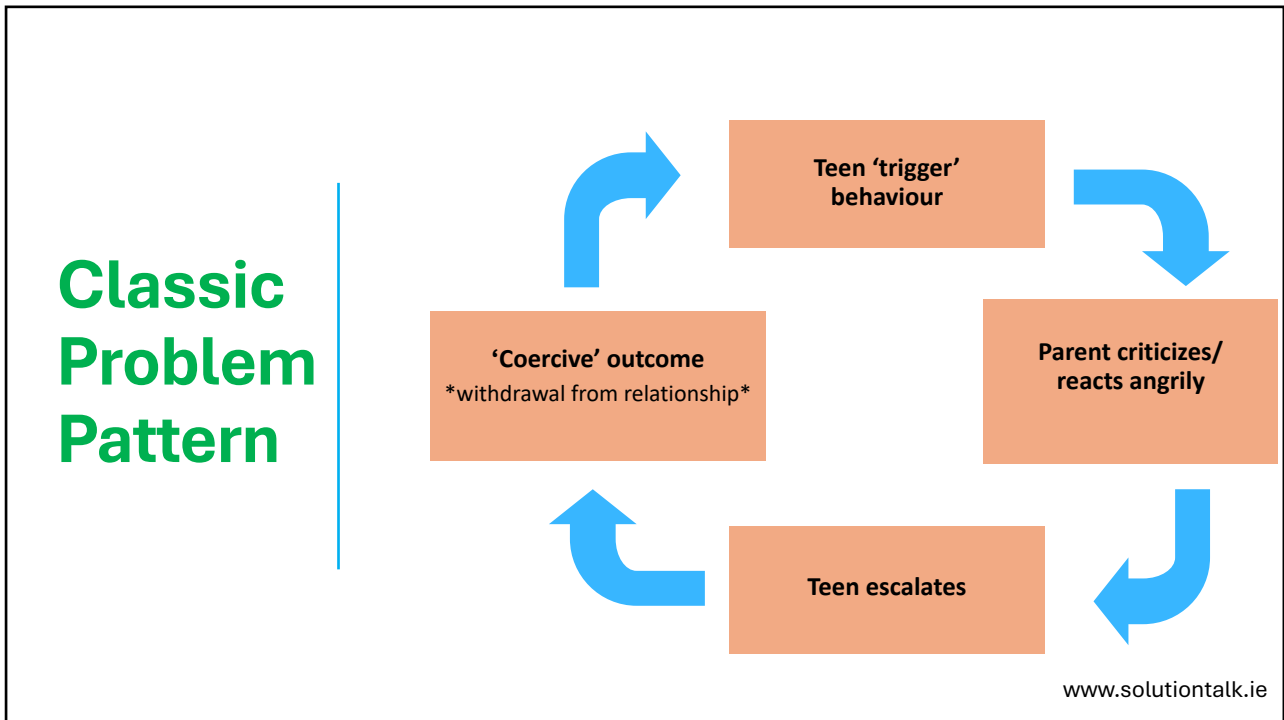
The Relationship Bank Account

Reducing Withdrawals from your Relationship



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Pressing the Pause Button

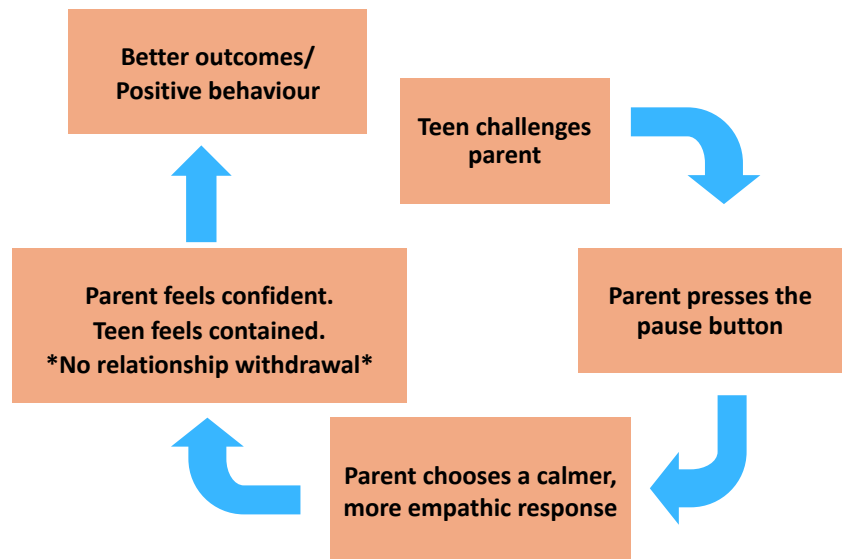


Realising you have a choice about how you respond.

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A Different Response



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Step-by-Step Response Plan



Example:

1. Parent takes time to manage their **own stress**, before coming home.
2. They **pause** when they see their teenager on their phone.
3. Greet them with a **warm** hello.
4. Asks how their day was *“How did your project go?” / “How is your friend Mary?”*
5. Asks about homework – *“What is your plan?”*
6. If teenager gets agitated, parent **remains calm**.
7. Parent **listens** -*“You sound stressed, tell me what is going on.”*
8. If anger escalates, the parent looks at what might help **co-regulate** their teen.
9. If anger continues, the parent might pause and **come back later** *“Let’s chat a bit later.”*
10. If situation is ongoing, take time to **problem-solve** later.

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The Importance of Prevention



Don't let the problem happen over and over again...
Take proactive steps to change things.

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Prevention Plan

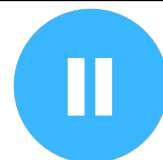


- Take time to **understand** what is going on for you and your teenager.
- Adjust your **expectations/rules** to **their needs**.
- **Listen** and **co-problem solve** with them – *How can we sort this out together?*
- Consider what **extra supports** your teen might need.
- Consider what **routines** and **environmental changes** might help.
- Consider **rewards** and **consequences** that might help.
- Focus on **connection** and building your **relationship** with your teen.
- Address **your own stress levels** and plan your own self-care.

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Pressing Pause



Examples:

Rather than reacting angrily when her son refused to do something, Jean decided to take some time to **listen to his point of view** and try to reach a compromise.

Arthur realised that it was a bad time to question his daughter about problems in school the minute she came in the door and remembered that **a better time** was later, after dinner, when everyone was relaxed.

When his two sons got into a fight, instead of jumping in angrily to referee, Roy decided to **calmly listen** to both side and encourage them to come up with their **own solutions**.

Julie used to constantly nag her daughter to clean her room. She decided to pay no attention to the room for the moment. She planned to try again during the midterm **when less stress** and to motivate her daughter with a **reward**.

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Session 1 Tips

1. Set aside time to talk, chat and **connect** with your teenager.
2. Get to **know their world** – see the 20 questions exercise.
3. Increase your **warm responses** to when your teen seeks your attention.
4. Press the **pause button** when faced by rows and arguments. Respond calmly and empathically.
5. Proactively **problem-solve** and **prevent problems**
6. Address your stress and think of what **you** need.

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