



# Parenting Teenagers Top Ten Tips

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.

- 1. Conflict is Normal** - your teenager is trying to establish independence, listen to your teenager's point of view, be prepared to compromise and recognise that sometimes they need to 'win'. Decide what's worth taking a stand on and what isn't.
- 2. Give Clear Guidelines** - Set out clear guidelines about what is acceptable behaviour. Tell teenagers where you're going, who you're with and what time you will be back - expect them to do the same for you.
- 3. Respect Their Views** - Don't expect teenagers to agree with everything you say. The teenage years are a time of testing out opinions and people. Your teenager is more likely to respect your views if you respect his/hers.
- 4. Show Interest** - Let your teenager know that you are interested in what she/he does at home and at school. Offer support and guidance with school work and revision and keep an eye on whereabouts, friends and relationships but beware of turning interest into pressure.

5. **Spend Time Together** - Spend time doing everyday things with your teenagers. Have fun together - they'll soon be grown up. Let them know you will always be there to offer comfort and support.
6. **Make Time for Talking and Listening** - Let your teenager know that you have time to talk even when he/she doesn't. Share your values with them but don't impose them. If your teenager begins to tell you something, make time then and there to listen.
7. **Give Them Space** - We all need time for ourselves. Teenagers should have their own space, time for themselves and the right not to tell parents everything about their lives. Try to remember what it was like to be a teenager.
8. **Praise Them** - Praise them at every opportunity. If they do something that pleases you, tell them. Don't be afraid to tell them that you love them, even if you get no response.
9. **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.
10. **Look After Yourself** - Parents today have a difficult and complex 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 some time thinking about your own life and priorities.

And remember - asking for help is a sign of strength not weakness

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