

Tips for Parenting Teens

Parenting teens has always been an art and a science, with a bit of luck thrown in.. Although frustrating at times, it can be fun, exciting and fulfilling. Here are a few tips to consider...

Communication is Key

Improving your communication style or speaking habits can go a long way to improving your child's listening ability. Remove sarcasm, preaching, and yelling.

Freedom and Limits

Be sure to set limits and boundaries. Look for balance between what you can accept and what the teen wants. Monitor and be aware of activities. Let them practice watchful independence.

Peers

Feeling accepted and part of a group is crucial to teens. Monitor peer groups and discuss peer pressure. Help your teen evaluate the groups that will have a positive influence and ones that match your values.

Self-Esteem

Teens struggle with their self-esteem. Help your teen feel valued by giving reassurance that they are loved. Avoid negative comments that can prey easily on a fragile sense of self. Listen, do not dismiss their feelings or thoughts.

Health and Fitness

Irregular meal patterns and eating disorders frequently begin at this age. Awareness about substance abuse and eating disorders can alert you to signs and symptoms. Act early with professional guidance if you suspect problems. Encourage regular exercise, sports activities, regular sleep and healthy eating.

What your EAP can do

If you need support or have concerns about your teen's behavior, the EAP can help. Resources for specific issues or general information on parenting are available. They can help you find the answers and get the support you need.



For more information, contact McLaughlin Young EAP at 800.633.3353 or 704.529.1428

This information is not intended to replace the medical advice of your doctor or healthcare provider.

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