

## Top tips on:

# Parenting a teenager tip sheet

The biggest time of growth in our brains is in the first three years of our life, before we are three years old. After this, the next time of big brain development is when we are teenagers.

You may have noticed some differences in how your teenagers behave. They will be entering puberty now and coping with the changes in their bodies, as well as having to cope with the changes in their brain. And so do you! Let's look at some of those changes.



## Here are some tips that you can try with your teenager.

### Identifying and managing the feelings

Some teenagers are able to learn to develop and discover their identity in a healthy and age-appropriate way.

For other teenagers, the time of forming their identity results in taking part in some risky and problematic behaviour. This could potentially have a negative and lasting effect on their lives.

Things you can do to help Teenagers:

- **Parents Journey:**
  - Learning and understanding how parents can help their children grow in a healthy way, and what to expect from children as they grow.
  - Drawing on your own experiences as teenagers.
- **Relationships:**
  - To learn and grow we need to take risks. Some risks are healthy and can be fun. Others can lead to trouble. We need to understand our beliefs, feelings and the consequences of the risks we take so that we can explore the world in a safe way!



# Helping my teenager navigate the world

- Teenagers' brains are growing quickly and have an enormous potential – we need to nurture them.
- Teenagers brains are still developing into their early twenties, even though they may look physically older.
- Teenager's often need a little space at times, in order to learn and develop and be able to take risks and problem solve.
- Have time to talk together about what they are interested in.
- Give clear instructions.
- Give them lots of opportunities to talk out the situations, worries or concerns.
- Help them to process what is happening and to avoid miscommunication.
- Have Family time, this is an uncertain time and good communication and positive relationships are needed.
- Give praise & affection, no matter how little.
- Teenagers need at least 9 hours sleep to be alert, but they may not admit to it, try and support good sleep routines.
- Be patient with your teenager because their brains will mature and function as more responsible adults the more they grow.



**Remember – Stick with it, your teenagers need you just as much as they did when they were little.**

**For more information on our interactive sessions or groups please contact the early help hub on 0300 555 2866 opt 1**

