

Go to's for

PARENTING IN TEEN-WORLD

No parent has ever experienced teen years the way our children do today.

BEYOND THE BEHAVIOUR

Young people are moving more quickly than ever from child to teen.

Different parts of the brain develop at different times. Think accelerator before brakes!

The brain drives us all to be unique. Teens are often lost and searching for themselves.

Sleep is a physiological issue and can feel like years of jet-lag for teenagers.

Negative behaviours are often smoke screens to avoid difficulties.

Avoidance is easier than trying and failing.

Mindfulness Apps & Activities:

NSPCC

ASCERT

Youngminds.org.uk

Stem4.org.uk

Get safe online

Thinkuknow

CEOP

STAR TIPS

Do not take your teen's words or behaviours personally.

Connect to the child-within who still needs you.

Be prepared to listen and understand, not respond.

Teens may not be able to express love but they still need the way you love them.

- Avoid micromanaging
- Encourage healthy risk taking to replace 'risky behaviours'. For example, Think abseiling, drama...
- Agree a code word your teen can send if they feel uncomfortable when out and about. You then call insisting they come home. Teen 'saves face' and stays safe.

Recommended books:

- Parenting the New Teen in the Age of Anxiety, Dr John Duffy
- Every Parent Should Read This Book, Ben Brooks
- Breathe Out (A creative guide to happiness for teen minds) MIND Mental Health Charity
- Blame my Brain : The amazing teen brain revealed, Nichola Morgan
- The Book You Wish Your Parents Had Read, Philippa Perry
- What's My Teenager Thinking..., Tanith Carey and Dr Angharad Rudkin (Alexa free audio)

Have a go at...

KEEPING CALM IN TEEN-WORLD

Conflict is normal, how you deal with it is more important.

* W I N K *

- Wait. Will what I say help?
- I statements are more successful than 'you.'
- Negotiate. Offer, reason, accept.
- Keep your cool. Breathe, listen and love.

And remember....'tactical withdrawal from conflict is not submission'.

PARENTING FIRST

This is something you can control!

Take a couple of days to really observe yourself.

How stressed are you? What are your trigger points?

What is your own communication style? Your tone, volume, body language...

How do you look after yourself with love and compassion?

Staying calm and reaching out - we are here for you Monday-Thursday 9am-9pm, Friday 9am-5pm and Saturday 9am-1pm.