



parenting a Teenager

they can be challenging!!

Life with a teenager can be difficult. These can be turbulent years. To triumph over the challenges, it helps to have faith in your child.

Tips To Remember:



Be firm but loving.



Make your expectations and rules clear to your teenager; negotiate.

Listen without judging.

Show affection and approval. Be flexible.

Set house rules and discuss them from time to time.



Ask questions like “Why do you think I am concerned?” “Is this good for you?”
“Is this dangerous?” “How will this affect others?”

Take a time out when conflict arises and agreement seems impossible.
“Let’s think about this and discuss it later.”



Never threaten to “throw the teen out of the house” even if it is only a threat.

This method has been proven ineffective and counter-productive. Teens (and especially those in trouble) need to feel secure as much as younger children, and “sink or swim” situations only undermine them.



Talk with other parents (who’ve been there) and teachers. Keep the school administration and key teachers informed about what’s happening at home, if necessary.

By working together,
parents, teachers, and teenagers
can make the most of the high school years.



Adapted from:

The Canadian Home and School and Parent-Teacher Federation
Resource Guide for the Literacy Exchange 1990

