



# Parenting teens

**Being a teenager is a time of excitement and change, but it isn't always easy. And neither is being a parent to one.**

Parent Club has lots of tips and ideas to help you and your teen navigate this tricky period in life. We've advice to help you understand your teen a bit better so you have the best possible relationship with them, as well as tips to help tackle any challenges that may arise.

### Top tip: Time to talk

During this time, your teen's life outside the family starts to feel more important. This is not unusual as they are becoming more and more independent. But that doesn't mean they don't want to talk to you, even if they don't always show it. Try to always be available to have a chat with them even if it isn't a great time for you. Make sure they know you're there when they need you.

### Top tip: Decisions, decisions

Let your teenager be involved in the decisions that impact them. By letting them make certain decisions, you are showing that you respect their opinion, helping boost their self-esteem and confidence. Things like allowing them to set part of their daily schedule, choosing when they do their chores or homework can give them ownership over the things they need to do.

## Checklist for parenting a teen

- Stay calm
- Listen
- Give them space
- Give them praise
- Be aware of teen issues
- Try not to make light of their emotions
- Encourage them to get outside
- Tell them you love them

# When something is wrong

**The pandemic has probably added to your teens anxieties or made them feel more isolated. This, combined with the usual ups and downs of teenage life, may be making them more anxious or angry than usual.**

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### Spot the signs

If your teen is acting a lot differently than they typically do, something may be wrong. This could mean they are angrier or sadder than usual, having problems sleeping, experiencing changes in eating habits or withdrawing from friendships.

### Support

It can be tough to tell the difference between typical teenage behaviour and more serious problems. But letting them know you're there and asking if they are ok is a good place to start. Visit [ParentClub.scot/parenting-teens](https://parentclub.scot/parenting-teens) for tips and ideas on things to look out for.

### Other help

If you are not sure about how to support your teen, there are organisations that can give you support and practical help for you and your teen. Visit [ParentClub.scot](https://parentclub.scot) and find out more.

## **Mood swings**

Extreme changes in your teen's emotions and moods are part and parcel of being a teenager. But sometimes this anger can spill over into aggression and even violence. This can be upsetting and scary for you. Try not to overreact in the moment and give your teen space to calm down.

## **Isolation**

If you're worried that your teenager is lonely there are things you can do. Try giving them every opportunity to go out and see friends. Suggest things they can do, offer to give them lifts into town, or tell them they can invite their friends over to visit. It can also help to make time to do things together. You might think you're the last person they want to hang out with, but this isn't true.

## **Feeling prepared for the teen years**

At times, you might feel more distant than ever from your teen, and you may be arguing more often too. But by listening to them and being there for them when they really want to talk, you can really help them.

**Find more ideas at**

**ParentClub.scot**



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