



Being A Parent to Teenagers



This easy read information was produced for Parent Club by CH Consultancy on behalf of Values Into Action Scotland



Values Into Action
Scotland





It is not always easy to be a parent to a teenager.



Parent Club has tips and ideas to help you



We have advice to help you understand your teenagers and have a good relationship with them.



The pandemic might mean teenagers have not had much contact with their friends.



As well as the usual teenage feelings it might also have made them more anxious or angry than usual.



Sometimes it is hard to tell the difference between usual teenage behaviour and something more serious.



If your teenager is acting differently from usual, something may be wrong.



They might be:

- more angry or sad than usual
- not sleeping well
- having a change in the way they eat
- not wanting to see friends
- argue with you more than usual



Parent Club can give you ideas of what to look out for.

Teenage means becoming more independent from your parents and family.



Life outside of the family becomes more important to them.

This does not mean they do not want to talk to you.



Let them know you are there.

Asking them if they are okay is a good place to start.



Listening to them when they want to talk can really help them.



There are organisations that can help you to support your teenager. There is more information at Parentclub.scot



Mood changes are usual for teenagers.

Sometimes this can get worse, and they can be aggressive or even violent.



This can be upsetting and scary for parents.

If this happens:



- try not to overreact
- give your teenager space to calm down

If you are worried your teenager is lonely you can:



- give them chances to go and see friends
- give them ideas of things they can do
- offer them lifts into town
- tell them they can invite friends to visit



Your teenager might want to just spend time with you. Include teenagers in decisions about their lives.





. This could be things like:

- allowing them to set part of their daily plans
- choosing when they do their chores
- choosing when they do their homework



This gives them control over things they need to do.

It shows that you respect them, and it will boost their confidence.



Checklist for being a parent of a teenager:



- stay calm
- listen
- give them space
- give them praise
- be aware of teen issues

More of the checklist



- try not to make light of their emotions
- encourage them to get outside
- tell them you love them

For more tips and help on being a parent of a teenager visit:



Parentclub.scot