Tips on Parenting Teens
(from New Directions Behavioral Health Employee Assistance Program)

Do you feel like every day means another battle with your teen? If yes, you’re not alone. This is the time of life when your teen stops believing in what you know. Many teens feel powerful enough to start to stand up to parents, to demand their own way, and to insist that life is not necessarily the way parents see it!

This is a natural part of human growth. In order to stop being a child and leave home, youngsters need to start seeing the world in their own unique way.

But it’s not a very comfortable time for parents, especially when you know your teen is wrong and you are right! To make this time easier for you, try these three tips:

1. Ask your teen what he or she thinks about a situation, then listen. By showing respect for what your teen thinks, you model positive adult-to-adult interaction.
2. Avoid labeling what your teen tells you as “stupid,” “a mistake,” or any other negative term. Your teen may see your “discount” as a personal insult rather than helpful. Calling names or labeling is one sure way to make people dig in their heels!
3. Say what you think in a matter-of-fact way. If you have a story about why you think the way you do, tell it. Your teen may remember your advice years from now and take advantage of it.