

Want to find out more?

Useful Websites & Organisations

- www.youngminds.org.uk
Young Minds website and helpline 0800 018 2138, advice on young people's emotional and mental health
- www.bbc.co.uk/parenting/your_kids
sections on different ages
- www.nspcc.org.uk
NSPCC website and helpline 0808 800 5000 – advice leaflets, e.g. booklet on 'Encouraging Better Behaviour'
- www.parentscentre.gov.uk and www.ace-ed.org.uk (Advisory Centre for Education 0808 800 5793) for advice on problems at school

Helplines, Advice & Information

- Parentlineplus
0808 800 2222
www.parentlineplus.org.uk
- Manchester Children's Information Service
0800 083 7921
- www.manchester.gov.uk
(follow links for 'Children & Families' or 'Parents')

* In this leaflet, the term 'parent' includes carers, such as grandparents, foster carers or step-parents

NHS



MANCHESTER CITY COUNCIL

* This tip sheet is one of a range of resources produced as part of Manchester's Parenting Strategy.



- For more information and support, you could try talking to your child's:
- SCHOOL NURSE
 - TEACHERS
 - GP

Books

Look for books on teenagers at your local library. Two useful ones are:

- **The Best of Boys: Helping Your Sons Through Their Teenage Years**
Claire Gillman (2003)
London: Pan Books
- **Where to Look for Help: A Guide for Parents and Carers of Teenagers.**
Brigid McConville (2002) Brighton: Trust for the Study of Adolescence

ਇਸ ਪਰਚੇ ਦੀ ਕਾਪੀ ਪੰਜਾਬੀ ਵਿਚ ਲੈਣ ਲਈ
ਵਿਰਧਾ ਵਰਕੇ 'ਚਿਲਡਰਨਜ਼ ਇਨਫਰਮੇਸ਼ਨ
ਸਰਵਿਸ' ਨੂੰ 0800 083 7921 ਤੇ ਫੋਨ ਕਰੋ

للحصول على هذه المنشورة باللغة العربية الرجاء
الاتصال بالهاتف بدائرة معلومات الأطفال على
الرقم 0800 083 7921

Si aad ku hesho nusqada warqad yarahan iyadoo
af Soomaali ah fadlan telefoon u dir Adeega
Warbixinta Caruurta ee 0800 083 7921

اگر آپ کو یہ پبلٹ اردو میں چاہئے تو چلڈرن انفارمیشن سروسز کو 0800 083 7921 پر فون کیجئے۔

لطفاً برای دریافت این جزوه به زبان فارسی با سرویس اطلاعات کودکان

(Children's Information Service) به شماره 0800 083 7921 تماس بگیرید.

如欲索取這傳單的中文版，請致電 0800 083 7921 聯絡兒童資訊服務
বাংলায় এই লিফলেটের একটি কপি জন্য দয়া করে টেলিফোন করুন বাচ্চাদের তথ্যের সার্ভিসে
0800 083 7921 এই নম্বরে।

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TIP SHEET

FOR PARENTS OF 11+ YEAR OLDS

Getting on with your Teenager

It's not always fun being a teenager and not always fun living with one.

The teens are a time of **enormous change** for your children, which can affect everyone in the family.

Teenagers **push boundaries** and test your patience as much as toddlers but don't look little and cute any more.

Often all you can see is rudeness, anger and seeming not to care, but don't be fooled.

Mum, Dad... I'm a teenager...



● Teenagers want your **praise** and **love** and fear your anger and criticism just as much as when they were younger – though they may not show it.

● Your children need your **help** through the difficult move into adulthood. You need to take care of yourself and **stay sane** while they do it.

What's going on?

Teenagers often seem selfish and thoughtless. That's because they are – in a way. Changes in their brains and emotions make it hard for them to take in other people's feelings.

Changes in their bodies are confusing. They might feel small inside although they are getting bigger – so they don't know how much space they take up.

They are trying to work out who they are and what sort of adult they might turn into. Family problems, even ones in the past, may have a big impact at this age.

How YOU can help

ADULT OR CHILD?

- **Praise** every grown up and responsible thing they do, but don't be too angry or critical when they act like a child. Change rules gradually as they change
- Have **fair but firm** rules about how the house is run and expect them to do their share. Try to give them **responsible jobs** rather than nag about little things
- They need **freedom** to try things out and learn from their mistakes. Let them take the **consequences** of silly or bad behaviour



- **Listen** to their fears and worries. Be there to help with serious problems
- They still need clear rules even if they kick hard against them
- Sometimes you need to say 'No'. **Have confidence** in your own judgement and experience. Explain your reasons for decisions. Show them how a reasonable adult behaves

ROLE MODEL

- They criticise all the time but behind your back they want parents to be proud of and for you to be proud of them
- Teenagers need adults to be **honest** with them. Hiding things from them makes them worried, confused and less likely to trust you
- If you have problems of your own, get help. Let your children see that you can change. Do the best you can



CHALLENGING BEHAVIOUR

- Remember you are the adult. Don't take bad behaviour and insults personally. Stay calm when they get angry
- State clearly what you want them to do. Say it again - and again. Don't shout. Don't get drawn into long arguments. Walk away if you need to
- Find time later (when they are calm) to let them tell you what they are feeling and what made them angry

Parenting courses are a

- **friendly and helpful way to get new ideas. To find out if there is a course in your area, contact**

0800 083 7921



STAYING SANE!

- Your teenager needs you to be **tough, confident, patient and kind**
- It's hard work, so look after yourself and **talk to other parents about problems**
- Roll with the good times – have **fun** together and treasure every kind deed or word from your teenager
- Remind yourself (and them) about the **good times**, especially when bad times come around
- Enjoy being **proud** of them when they do well
- Remember to **laugh** – at yourself as well as at their outrageous behaviour