


## For more help or advice...

This leaflet has been produced as part of **Manchester's Parenting Strategy**. For **further information** on books, videos, helplines, parenting courses and other support, **visit your local library**, or contact:

- **Children's Information Service**  
**Freephone 0800 0837921**
- **www.manchester.gov.uk**  
(click on parents for local information)
- **Parentline Plus 24-hour Helpline**  
**Freephone: 0808 800 2222**  
**www.parentlineplus.org.uk**

 In this leaflet, the term '**parent**' means anyone who looks after children as a parent does. This could be a **grandparent**, **other relative**, or **foster carer** as well as a father or mother.



You could also try talking to:

- **YOUR GP**
- **SCHOOL NURSE**
- **STAFF AT YOUR CHILD'S SCHOOL**



Being a **parent** or **carer** is one of the most **important jobs** in the world, and is sometimes one of the **hardest**.



## Parents

## Make A Difference

## in Manchester

Manchester City Council and its partners are working to **support children, young people** and **families** in Manchester.

We know that **good parenting** gives support to young people at all times in their lives.

It helps young people to be **happy, healthy**, and achieve their full **potential**.

LEAFLET  
FOR  
**11+**  
YEAR OLDS

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

لطفًا 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 কপির জন্য দয়া করে টেলিফোন করুন বাচ্চাদের তথ্যের সার্ভিসে 0800 083 7921 এই নম্বরে।

اگر آپ کو یہ لیفلٹ اردو میں چاہئے تو چلڈرن انفارمیشن سروسز کو 00083 7921

للحصول على هذه المنسورة باللغة العربية  
الإتصال بالهاتف بدائرة معلومات الأطفال  
الرقم 0800 083 7921

ਇਸ ਪਰਚੇ ਦੀ ਕਾਪੀ ਪੰਜਾਬੀ ਵਿਚ ਲੈਣ ਲਈ  
ਵਿਰਾਮ ਅਵਰੇ 'ਚਿਲਡਰਨ ਇਨਫਰਮੇਸ਼ਨ  
ਸਰਵਿਸ' ਨੂੰ 0800 083 7921 ਤੇ ਫੋਨ ਕਰੋ

**NHS**



**MANCHESTER**  
CITY COUNCIL



# TEENAGERS

can be **rewarding**,  
but **hard work**

Being a **good parent** is all  
about **sticking with it**, through  
the **good times** and the **bad**

We've talked to Manchester parents and carers  
about what makes a good parent. Most people  
agreed that good parents are  
**LOVING, FIRM** and **CONSISTENT**  
and that good parenting includes:

**Giving  
children and  
young people  
love and  
attention**

**Keeping  
them safe  
and  
healthy**

**Teaching  
them right  
from wrong  
and giving  
clear rules to  
live by**

**Making sure  
they go to  
school every  
day and  
helping them  
learn**

Many parents and carers need a little extra help sometimes, which  
maybe from friends, family or professionals.

And many parents and carers have found parenting workshops  
and courses are an enjoyable and friendly way to meet other  
parents/carers and find out about tried and tested ways to:

- **Stay close to your child during their teens**
- **Keep talking, and work together through difficult times**
- **Support young people with school work**
- **Stay calm and deal with challenging behaviour**



## Good ideas



- Teenagers care what you think, even if they don't show it. Make time to **TALK** and **LISTEN** – try not to shout and criticise.
- Give young people **RESPONSIBILITIES** and jobs – and let them learn from their mistakes.
- Find things you **ENJOY** doing together – like younger children, teenagers thrive on positive attention and fun.
- Notice and **PRAISE** good behaviour – don't only pay attention when they get it wrong.
- It is natural for teenagers to challenge your authority. Be **FIRM** and **CONSISTENT** about the rules which really matter, but don't fight over every little thing.
- Everyone gets **STRESSED** – try not to take it out on your child. **TALK** to other parents and get **SUPPORT** for yourself if you need it.
- Teenagers need firm boundaries and they need freedom to grow up. **TRUST** your instincts, don't be afraid to **SAY NO** and be prepared to **CHANGE** your rules when your child is ready.
- Try to **PROTECT** them from violence and pornography on the TV or computers.
- Know what's happening in **SCHOOL** and show you're there to help.
- Teenagers bodies and brains go through huge changes. Good **FOOD, EXERCISE** and plenty of **SLEEP** can help their mood and behaviour.

