



Parenting Teenagers

A Minefield of Opportunities

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Why a Minefield of Opportunities?



- Feature of adolescence , volatility, impulsiveness, intensity of feelings.
- Growing and developing is a process that moves on a continuum between ruptures and reparations.
- Meaningful work of parenting shapes personality and neurobiological brain development.

Surviving and Thriving



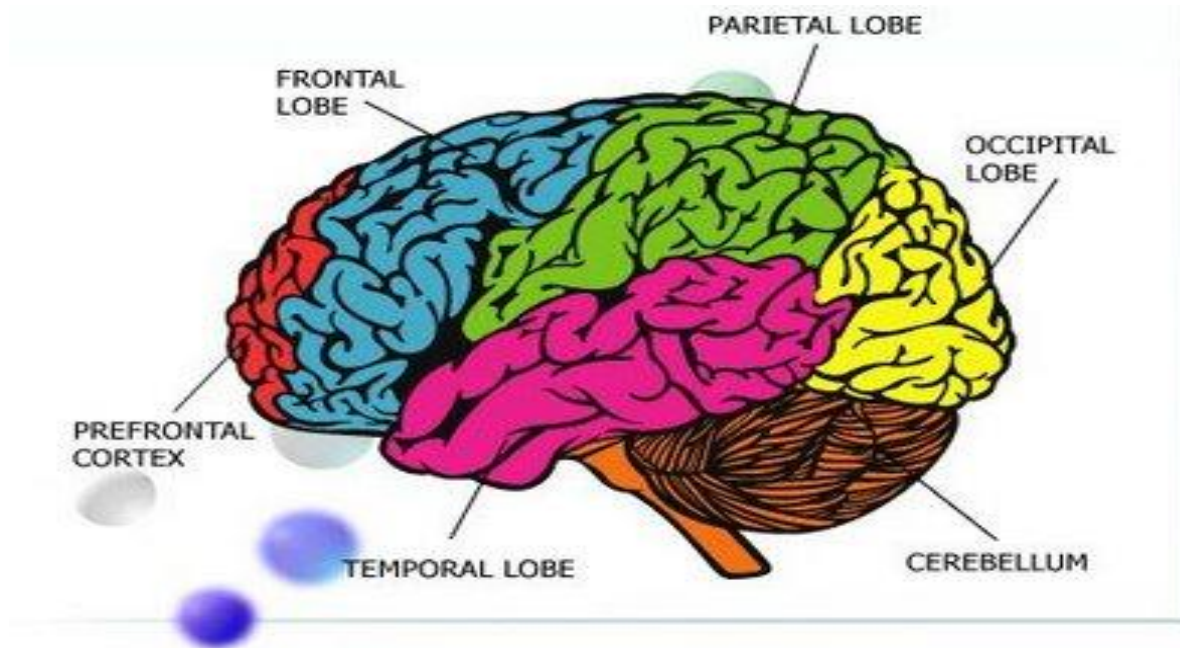
- Challenges of parenting adolescents
- Adolescent development.
- Transforming ruptures and challenges into formative experiences

Parenting with Adolescent Processes in Mind

- Setting appropriate expectations.
- Developmental challenges in adolescence:
 - Changes in the Brain
 - Changes in the Body
 - Changes in Behavior and Relationships

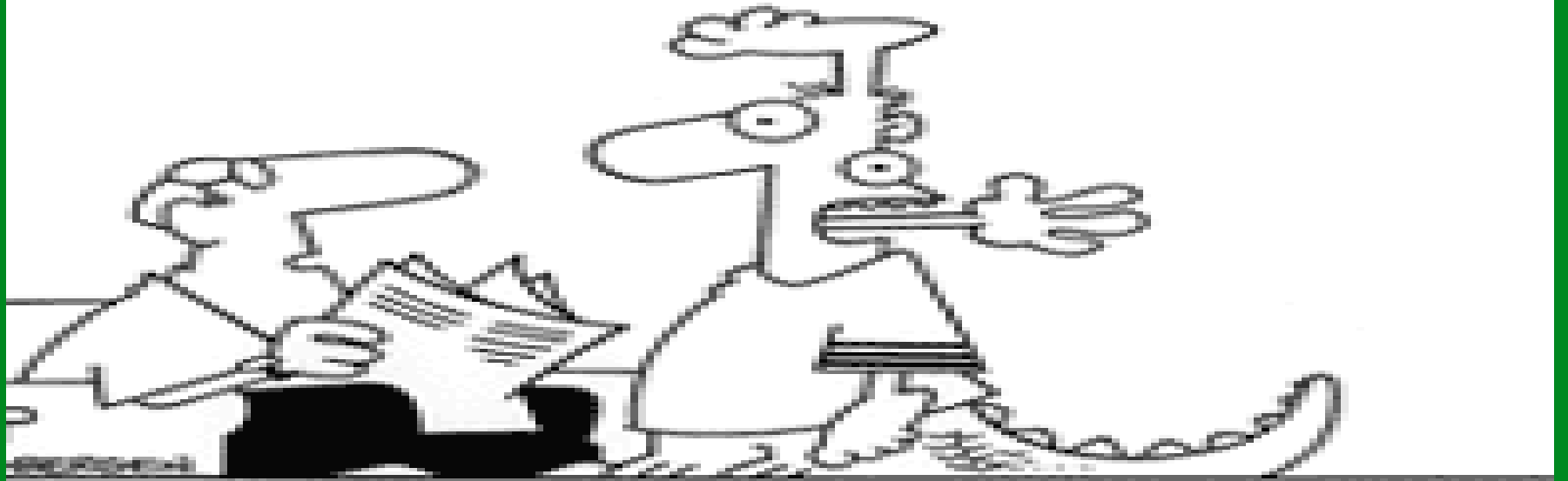


Adolescent brain



- Adolescent brain is “under construction”.
- Why adolescents think differently from adults?
- Important message for parents

Adolescent body



'AT YOUR AGE, TOMMY, A BOY'S BODY GOES THROUGH CHANGES THAT ARE NOT ALWAYS EASY TO UNDERSTAND'

- Biological changes in puberty
- Other bodies: others selves
- Parents' responses

Relationships



- Continuity and changes in relationships.
- Separating from the family and finding your own identity.
- The significance of other relationships and maintaining a balance.
- Separation brings complication.

What Can Parents Do?



REUTERS/Ina Fassbender

- Recall your own experience of adolescence and make sense of that experience.
- Remember you are still in charge.
- Communicate and negotiate.
- Be interested , provide guidance and structure.

Help and Support



- Communicate with school
- See your GP
- If still concerned you can ask for a referral to CAMHS
- Open Door
- Search the Internet: www.understandingchildhood.net
- Books and Documentaries
- Talk to other parents; family; friends.

Final Remark & a Poem

- Adolescent is a critical and challenging time as well as an exciting time with a lot of opportunities. Parents still have a mayor role to play in shaping the adolescent brain and providing them with the opportunity to have an integrated and balanced development.
- Poem: by Penelope Shuttle

