



## Top tips from Children 1st Parentline

### For teenagers

The relationship between every parent and child is unique. Parents know their family best, and it is really important to enjoy the times when things are going well and continue to have fun as a family.

There are also times when you can feel challenged as a parent, and in those times, you might want to try the tips below which parents have said worked for them.

### Remember to breathe! Check your own reactions

It's not easy to be a calm role model and avoid arguments, but keeping your cool will help you and your teenager.

### Wait till the dust settles

Pick your moment, as much as you can. When emotions are high - yours, theirs or both - walk away, tell your teenager you're not talking about it just now. No good ever comes from a shouting match.

### Don't get too intense

Often it helps if you bring things up when you're in the car with the music on or doing the dishes. Teenagers can find too much direct eye contact feels like a dressing down. They can feel under real pressure to give you answers when they can't quite explain their own behaviour or put their feelings into words.

### Try chatting and making time for them

When's the last time you had a good chat and spent time together? Try to be aware of what's going on for them while respecting their need for privacy.

Children 1st Parentline  
is here to support every  
family in Scotland



We are here to help you and your family with whatever you are facing.

Children 1st Parentline provides practical and emotional support over the phone and through webchat - there are more tips and advice on our website.

Call free on  
08000 28 22 33

or visit

[children1st.org.uk/  
parentline](https://www.children1st.org.uk/parentline)



If communication has really broken down, keep it low key, don't ask too many questions. Tell them about your day, talk about the weather. It may feel false and awkward but it'll show them talking doesn't always have to be a fight. It will pay off.

## Take an interest and have a laugh

Just because your teenager is growing up, it doesn't mean you have to stop having fun and enjoying a laugh together. As their interests change and develop, teenagers still want you to take an interest and be there for them when they want their family.

## Notice them and thank them

It's really important to show you are noticing the good things your teenager is doing, what they are managing well. No matter how small - notice them, tell them and thank them.

Talking through situations their friends are going through can be a good way to help your own teenager to work out things for themselves. It can help them understand your take on things - and that you both might have some wisdom to share.

## Try empathy, kindness and compromise

Try to see things from your child's perspective. Cut a bit of slack while sticking to boundaries. Thank them when they stick to the rules - it's always good to notice and appreciate their acts of kindness and maturity.

## Make plans and rules together

It's better to negotiate than to think you can force your child to do anything - so where can you compromise? It can be amazing how effective a bit of leeway can be.

The most important thing is to have a conversation. Talk over what you think is reasonable, and find out what they think.

Give them praise and credit when the plan goes well or without a major hiccup. When it doesn't go well, go back to having a conversation and talking through the consequences.

## Keep them safe

Your teenage will want to try new things, just as you did as a teenager. That is how teenage brains are wired! They still need to know you will try to keep them safe as you always have, however they also need their freedom.





Channel their natural desire to take risks into positive activities or 'manageable risks'. This might be a sport or a hobby.

You may need to accept that some experimentation (within reason and limits) is part of growing up.

## Talk to someone

If you are worried about how you are feeling or that you are not coping so well, then share these thoughts and ask for help. You won't be the first parent to be at a loss to know what to do sometimes.

Children 1st Parentline is here for you and your family seven days a week, Mon-Fri 9am-9pm and Sat-Sun 9am-midday. Call free on 08000 28 22 33, browse more of our advice online or start a webchat at [children1st.org.uk/parentline](https://children1st.org.uk/parentline)



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We're here for you

## other useful links

Parent Club Scotland: Helpful information and resources from pre-birth to pre-teen - <https://www.parentclub.scot/>

TSi Moray: A database providing Moray's citizens, charities, community groups, social enterprises, and voluntary organisations with support, information and resources during the COVID-19 outbreak - <https://www.tsimoray.org.uk/covid-19-portal>

Grampian Psychological Resilience Hub: The hub was set up to directly respond to the COVID-19 pandemic. It's a completely virtual hub, with support available by telephone. You can self refer - you don't need your GP or other clinician to refer you. The referral form is available at <http://covid19.nhsgrampian.org/mental-health-support/>

