

Parenting Teens

Tip sheets for parents & guardians



The **A**rea **B**ased **C**hildhood Programme

TUSLA

An tSúilbhíochas na n-
Leanaí agus na Tíreallach
Child and Family Agency

Blue Skies Initiative

Archways

An tAonad Leanaí
An tAonad Leanaí
Department of
Children and Youth Affairs

**In response to the current situation,
we at Blue Skies Initiative & Archways have put
together a series of tip sheets for those of you
who are parenting teens.**

**These are simple ways to assist you in your day to
day interactions.**

**You are doing
a great job!**

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TUSLA An Ghnóthachaisríocht
Leanaí agus an Tionólach
Chúil agus Teaghlach

Blue Skies Initiative

Archways

An tAon Leanaí
an tAon Teaghlach
an tAon Teaghlach

We understand how hard it can be parenting teenagers, and we can remember how hard it was to be a teenager.

Teenagers brains are still under construction.

The tips that we have compiled here are based on experience, evidence based parenting programmes and take in to consideration the extreme nature of the current situation that we are all living through.

We hope you find it useful.

At this stage of brain development, teenagers often rely on a part of the brain associated with emotions, impulses, aggression and instinctive behaviour, to make decisions and solve problems more than adults do.

<https://raisingchildren.net.au/>

As adults we strive to
always be bigger, stronger, wiser,
and kind.

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you

Be good to your self

You can't drink from an empty cup.

I matter

My health matters

My mental health matters

For us to be able to look after others we have to look after ourselves.

Give yourself permission and time to do that.
We are not robots. It is important to recognise when you need support, rest and space.

**DON'T BE HARD ON YOURSELF,
THERE IS ALWAYS OPPORTUNITY TO PRESS
RESET.**

When things *go wrong* or you are feeling bad about how you handled something, its in the past, you can press reset and start again.

When your intention is good, that is what matters.

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you

Questions to ask yourself

What was it like for me as a teen? neither a child
nor an adult.

Who owns this problem?

What is my part in the problem?

How can I help rather than hinder the situation?

What solution do I want?

What compromise am I willing to make?

We often pick rows with people we love as an opportunity to vent. Recognising when this is happening to you can be a great way to avoid unproductive conversations.



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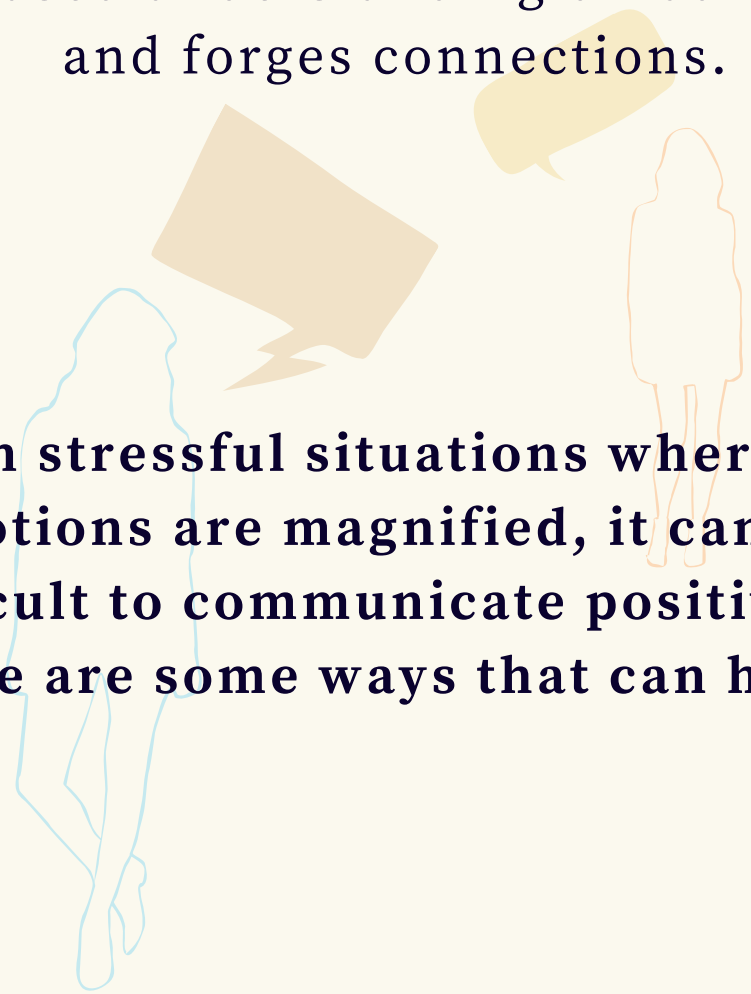


Connecting

Communication

Communication is everything in relationships. It is the key that can either open or close the door to understanding.

Successful communication leads to increased understanding on both sides and forges connections.

An illustration showing two stylized human figures, one in blue and one in orange, facing each other. Between them are two speech bubbles, one orange and one yellow, suggesting a conversation. The figures are simple line drawings without facial features.

In stressful situations where emotions are magnified, it can be difficult to communicate positively. Here are some ways that can help.

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Connecting

Communication

HOW:

Using a kind face and soft low tone of voice can have a calming effect on both you and your teen.

WHAT:

If you are giving instructions keep it simple.

If you are giving praise give details.

e.g. Thank you for your help making the dinner, I had a lot to do today and it my made my evening a lot easier.

WHEN:

Knowing yourself and where you are at can make a difference to how well a conversation might go. Wait until you are feeling calm. This might be 10 seconds or it could be an hour.

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Meet your teen where they are at

The top tips that we have for helping you do this are;

Accepting

Try to accept the version of your teen that they are today, without putting your expectations of how you think they should be onto them.

Compassion

This means taking a moment to look beyond the behavior in question and show compassion for the person behind it.

Empathy

Acknowledge their feelings and show understanding for how and what they are feeling.

Patience

Being patient with your teen allows both of you the time needed to work towards a solution.



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THEM

Individuality

- **Celebrate** who your teen is, they are busy trying to like themselves.
- **Build** their self-esteem, disappointment is often how they feel about themselves, encouragement is a good alternative.
- **Give** them plenty of encouragement to be who they are.
- **Name** their efforts in detail and notice their achievements.



Restorative practices is about building and maintaining relationships. Its a big part of what we do at Blue Skies Initiative and Archways.

We have found it to be useful both personally and professionally, we are sharing a top tip with you,

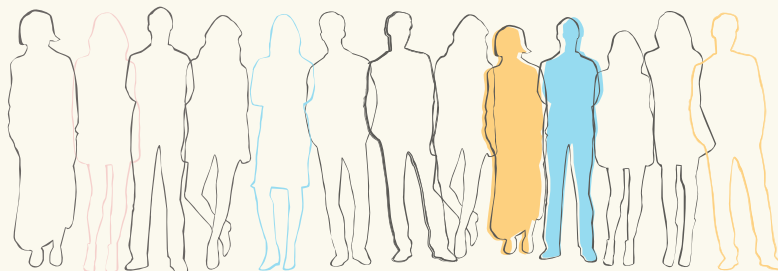
Fairness

Fairness is a skill that needs to be practiced.
It does not come easy to us, but here are three words that can help keep us on track;

Engagement - involving everyone in the process

Explanation - Communication towards a shared understanding

Clarity of expectations- clear vision for the future



The team at Archways and Blue Skies Initiative
wish you the best of luck over coming months and
remember

CALM IS A SUPER POWER

You can find us at

<https://www.archways.ie/>

<https://blueskiesinitiative.ie/>

Also on Facebook, Instagram &
Twitter.

