



# Five Steps to Positive Parenting of Teenagers 12-16yrs

## 1. Ensuring a Safe, Engaging Environment

All children, including teenagers need a safe environment. To achieve this they need to be adequately supervised and monitored. This means knowing where your teenager is, who they are with, and what they are doing, especially when they are away from home. Teenagers also need a challenging and engaging environment that provides plenty of opportunities to explore, discover, and develop their skills and ideas both at home and elsewhere.

## 2. Creating a Positive Learning Environment

Parents need to be available when their teenagers need help, support and attention.

It is important to help teenagers learn to become independent by gradually encouraging them to do things themselves.

Encouragement and positive attention help motivate teenagers to learn.

Paying attention when teenagers behave well means they will be more likely to do it again.

## 3. Using Assertive Discipline

Assertive discipline involves being consistent, acting promptly when teenagers behave inappropriately, and teaching them how to behave appropriately.

When parents use assertive discipline, teenagers learn to accept responsibility for their behaviour, become aware of the needs of others and develop self- control.

They are also less likely to develop behaviour problems if their parents are consistent and predictable from one day to the next.

Dealing with teenagers emotions can be very difficult for parents. Teenagers can become emotional quite quickly when things happen they can not control. Use these opportunities to teach them how to accept and manage their emotions.

#### **4. Having Realistic Expectations**

Parents' expectations of their teenagers depend on what they consider appropriate for children at different ages.

Problems may arise when parents expect too much too soon, or expect their teenage children to be perfect. All teenagers make mistakes. Most mistakes are not intentional.

It is also important for parents to have realistic expectations of themselves. No parent can be perfect. Everyone learns through experience.

#### **5. Taking Care of Yourself as a Parent**

Parenting is easier when personal needs for intimacy, companionship, recreation, and time alone are being met. Being a good parent does not mean that your teenager should dominate your life.

If parents' own needs are being met, it is much easier to be patient, consistent, and available.