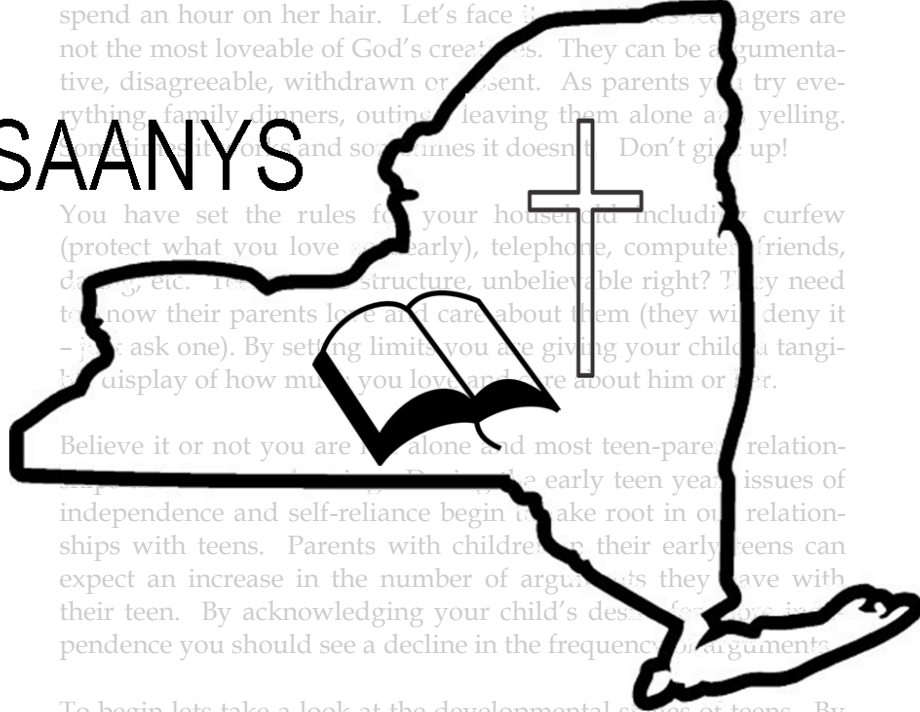


CSAANYS



What do you know about your teen? Does this sound familiar? She's always in her room. He won't get off the computer. The phone is attached to her ear. Eat together, when was the last time that happened? Help around the house, please, she would rather spend an hour on her hair. Let's face it, teenagers are not the most loveable of God's creatures. They can be argumentative, disagreeable, withdrawn or resent. As parents you try everything, family dinners, outings, leaving them alone and yelling. Some things just work and sometimes it doesn't. Don't give up!

You have set the rules for your household including curfew (protect what you love early), telephone, computer (friends, dating, etc.). The structure, unbelievable right? They need to know their parents love and care about them (they will deny it - just ask one). By setting limits you are giving your child a tangible display of how much you love and care about him or her.

Believe it or not you are not alone and most teen-parent relationships begin to change in the early teen years. Issues of independence and self-reliance begin to take root in our relationships with teens. Parents with children in their early teens can expect an increase in the number of arguments they have with their teen. By acknowledging your child's desire for independence you should see a decline in the frequency of arguments.

To begin let's take a look at the developmental stages of teens. By understanding these stages you can better help your child make safe and autonomous decisions.

Developmental stages of teens

Physical: Teens are experiencing rapid rates of growth and maturation of the reproductive organs and glands. These rapid changes tend to make teens sensitive to their appearance. Body image is tied to body image at this stage. These physical changes may also affect their social relationships and emotions.

\$1.00/each for members, \$2.00/each for non-members.

This publication is full of helpful information, tips and tools for parents of a tween or teen.

They are better able to reason and approach problems systematically.

A must read!

To order copies, contact csaanysoffice@twc.com or call 518-280-9807.

Who is this person living in my house?



Helpful tips and information about your teenager or soon to be teenager!

*By Carol Hayes
Revised 2020*