



IDEAS FOR PARENTS WITH TEENAGERS

DEALING WITH TEENAGE CONFLICT

Kids are smart. They know what's good and what's bad. You don't need to keep reminding them that they've made mistakes.

CONFLICT

Conflict can increase when your child starts making choices you don't agree with. The more you try to control these, the more you will argue and fight. Fathers can find conflict more stressful and try avoid it or withdraw.

IMPORTANT RULES

Have rules that really matter. Teenagers need to be safe and do certain things (like go to school) that give them better choices later.

Even when times are really bad try to do positive things together.

FIND A BALANCE

Be reasonable and understanding but stick to the important decisions. If you give in, they'll nag and nag every time you say no.

LET THEM HAVE THE REINS

Give them some control and responsibility so they can feel they have some say in their own lives.

The more trust you give them, the more they learn to handle it.

DON'T TAKE SIDES

Don't get involved in their fights with their brothers and sisters. If things start getting out of control help them sort it out, but don't take sides. Set clear boundaries about hitting and swearing for everyone in the house.

Choose your battles. Hold your ground when it's important.

THEY LEARN FROM YOU

Your children learn from your relationships. If they see you talking through problems with other adults, they'll learn to do it too.

BOOST THEIR EGO

Be positive. When they work hard, come home on time or look after their siblings, thank them.

TALK THINGS THROUGH

Teenagers can find it hard to make up their minds. Help them to make decisions, talk it through.

Explain why you're doing what you're doing. Be reasonable.

