

Parenting Teenagers - Introduction

Hello everybody.

We've decided to make five clips as an add on to the clips we made previously.

We have heard from parents that there are struggles with parenting teenagers when life is easy, but also with teenagers at home now it is even a bigger struggle.

So we have recognised your need and I hope these clips help you.

The first one will just be an introduction and to revisit where to get support.

The second one I will revisit the four constructs related to parenting teenagers.

The third one will be about understanding what's going on for parents.

The fourth one will be understanding what's going on for teenagers.

And last but by no means least we will finish off with giving you tools in your box and some strategies about how to respond to teenagers and their behaviour and their feelings.

So that's our plan of action.

I just want to revisit where there's support. We went into lockdown on 23rd March and what a shock to the system that was for everybody, both children and adults. A big change and it involved lots of feelings for everybody and a real mixture of feelings. It's different strokes for different folks. So people have coped in different ways, both children and adults.

Here in Conwy, the Family Centres are still shut we had a lockdown. But this virus hasn't gone yet so we still need to maintain social distance and wash our hands to try to avoid this virus travelling.

We still won't be able to meet as groups and I am so missing the groups. I am missing hearing from you, how you're getting on and I always learn from you, but that's the way life is at the moment.

I just want to remind you that even though the Family Centres are shut and we can't meet in groups the support for parents is still there.

So you can call the Family Centres and the Family Support Team are there to listen to you.

So please, if you're struggling at all maybe with health be it physical or mental, any financial issues, or if you just want to have a chat please don't hesitate to ring us.

Or you may see somebody else that's struggling; you can ring for them as well.

I don't have a magic wand or a magic money tree but we do have great relationships with other agencies and charities and we know where to get some support. So don't hesitate to give us a ring.

In these five video clips I just want to talk about how you parent a teenager is important.

We are going to talk about the importance of listening, providing structure (not too much, but not too little).

Remember your teenager is unique and we need to recognise their strengths. Always look for the positives, encourage and be open to their views, whether it's sport, TV programmes, music, current news or events.

We are going to talk a lot about keeping emotional distance. Emotional stuff is going to be key, but we know if the teenager is angry it's more about them than it is about you.

You are probably doing a better job than you realise. The fact that you're looking at this video shows that you are doing such a marvellous job.

We are once again going to highlight what is out there. You are not on your own. I said in a previous video clip that it can take a village to bring up a child. So please do access the support.

In the next four clips I will go through these top tips a bit more. So tune in for the next clip.

Thank you very much.