



# POSITIVE PARENTING

## TEENAGERS – communication

It seems that parents of babies and small children have a great deal of advice and support at their finger tips, but parents of teenagers need support too.

Your relationship with your child will change when your child becomes a teenager, but this does not have to be a change for the worse. During the teenage years changes are taking place in almost every area of your child's life – their bodies, emotions, social lives and relationships.

Conflict happens in every family and there is often an increase in the level of conflict between parents and their children when they reach the teenage years. Much of this is linked to physical development and hormone imbalance, neither of which the teenager can control.

If you are patient and keep working at your relationship, you and your child will see the benefits.





## Top Tips

- Good communication is central to you developing and maintaining a good relationship with your teenager
- Listening to your teenager will encourage them to open up and discuss the issues they face growing up
- When you communicate, your face and tone of voice convey most of the meaning – a smile goes a long way
- Pick a good time to talk to you teenager – when everyone is able to listen
- Be consistent with your decisions
- Remember you can influence positive behaviour by setting a good example
- Ensure both parents (or key adults) in your child’s life present a united front
- Work together with your teenager to reach a solution

For information on the Positive Parenting Programmes please contact **Sheffield Information Link** who will direct you to your local **Multi Agency Support Team**.

- **Tel: 0114 275 6699**
- **[www.sheffinfolink.org.uk](http://www.sheffinfolink.org.uk)**