

Tips for Parents of Adolescents



Adolescence is a time of change and challenge for your preteen or teenager. The changes that occur during adolescence are often confusing not only for your son or daughter, but for you as well. Though these years can be difficult, the reward is watching your child become an independent, caring, and responsible adult. The American Academy of Pediatrics (AAP) offers the following tips to help you face the challenges of your child's adolescence:

1. **Spend family time with your adolescent.** Although many preteens and teens may seem more interested in friends, this does not mean they are not interested in family.
2. **Spend time alone with your adolescent.** Even if your teen does not want time alone with you, take a moment here and there to remind him that your "door is always open," and you are always there if he needs to talk. Remind him often.
3. **When your adolescent talks**
 - Pay attention.
 - Watch, as well as listen.
 - Try not to interrupt.
 - Ask him to explain things further if you don't understand.
 - If you don't have time to listen when your child wants to talk, set a time that will be good for both of you.
4. **Respect your adolescent's feelings.** It's okay to disagree with your child, but disagree respectfully, not insultingly. Don't dismiss her feelings or opinions as silly or senseless. You may not always be able to help when your child is upset about something, but it is important to say, "I want to understand" or "Help me understand."
5. **When rules are needed, set and enforce them.** Don't be afraid to be unpopular for a day or two. Believe it or not, adolescents see setting limits as a form of caring.
6. **Try not to get upset if your adolescent makes mistakes.** This will help him take responsibility for his own actions. Remember to offer guidance when necessary. Direct the discussion toward solutions.

"I get upset when I find clothes all over the floor,"

is much better than, *"You're a slob."*

Be willing to negotiate and compromise. This will teach problem solving in a healthy way. Remember to choose your battles. Some little annoying things that adolescents do may not be worth a big fight — let them go.

7. **Criticize a behavior, not an attitude.**

For example, instead of saying,

*"You're late. That's so irresponsible.
And I don't like your attitude,"*

try saying,

"I worry about your safety when you're late. I trust you, but when I don't hear from you and don't know where you are, I wonder whether something bad has happened to you. What can we do together to help you get home on time and make sure I know where you are or when you're going to be late?"

8. **Mix criticism with praise.** While your teen needs to know how you feel when she is not doing what you want her to do, she also needs to know that you appreciate the positive things she *is* doing. For example,
"I'm proud that you are able to hold a job and get your homework done. I would like to see you use some of that energy to help do the dishes after meals."
9. **Let your child be the adolescent he wants to be,** not the one you wish he was. Also, try not to pressure your adolescent to be like you were or wish you had been at that age. Give your teen some leeway with regard to clothes, hairstyle, etc. Many teens go through a rebellious period in which they want to express themselves in ways that are different from their parents. However, be aware of the messages and ratings of the music, movies, and video games to which your child is exposed.
10. **Be a parent first, not a pal.** Your adolescent's separation from you as a parent is a normal part of development. Don't take it personally.
11. **Don't be afraid to share with your adolescent that you have made mistakes** as a parent. A few parenting mistakes are not crucial. Also, try to share with your teen mistakes you made as an adolescent.
12. **Talk to your pediatrician** if you are having trouble with your adolescent. He or she may be able to help you and your child find ways to get along.

The following is additional information you may find helpful in understanding some of the life changes and pressures your adolescent may be experiencing.

Dieting and body image

"My daughter is always trying new diets. How can I help her lose weight safely?"

We live in a society that is focused on thinness. Adolescents see many role models in fashion magazines, on television, and in the movies that emphasize the importance of being thin. This concern about weight and body image leads many adolescents, especially girls, to resort to extreme measures to lose weight. Be aware of any diet or exercise program with which your child is involved. Be watchful of how much weight your child loses, and make sure the diet program is healthy. Eating disorders such as anorexia nervosa and bulimia nervosa can be very dangerous. If you suspect your child has an eating disorder, talk to your pediatrician right away.

Nutrition

The growth rate during adolescence is one of the most dramatic changes the body ever goes through. It is very important for your adolescent to have a proper diet. Follow these suggestions to help keep your teen's diet a healthy one

- Limit fast food meals. Discuss the options available at fast food restaurants, and help your teen find a good balance in her diet. Fat should not come from junk food but from healthier foods such as cheese or yogurt. Vegetables and fruit are also important.
- Keep the household supply of "junk food" such as candy, cookies, and potato chips to a minimum.
- Stock up on low-fat healthy items for snacking such as fruit, raw vegetables, whole-grain crackers, and yogurt.
- Check with your pediatrician about the proper amounts of calories, fat, protein, and carbohydrates for your child.
- As a parent, model good eating habits.

Many diets are unhealthy for adolescents because they do not have the nutritional value that bodies need during puberty. If your teen wants to lose weight, urge her to increase physical activity and to take weight off slowly. Let her eat according to her own appetite, but make sure she gets enough fats, carbohydrates, protein, and calcium.

Make sure your teen is not confusing a "low-fat" diet with a "no fat" diet. Teens need 30% of their calories from fat, and cutting fat out of the diet altogether is not healthy. A low-fat diet should still include 30 to 50 grams of fat daily. Many teens choose vegetarian diets. If your child decides to become a vegetarian, make certain she reads about it and becomes an educated vegetarian. She may need to see her pediatrician or a nutritionist to ensure that she is getting enough fat, calories, protein, and calcium.

Many adolescents are uncomfortable with their bodies. If your adolescent is unhappy with the way she looks, encourage her to start a physical activity program. Physical activity will stop hunger pangs, create a positive self-image, and take away the "blahs". Unfortunately, some teens may try to change their bodies by dangerous means such as unhealthy dieting (as discussed previously) or with drugs such as anabolic steroids. Encourage *healthy* exercise. If your child wants to train with weights, she should check with her pediatrician, as well as a trainer, coach, or physical education teacher. Help create a positive self-image by praising your child about her appearance. Set a good example by practicing what you preach. Make exercise and eating right a part of your daily routine also.

Dating and sex education

"With all the sex on television, how can I teach my son to 'wait' until he is ready?"

There are constant pressures for your adolescent to have sex. These pressures may come from the movies, television, music, friends, and peers. Teens are naturally curious about sex. This is completely normal and healthy. Talk to your adolescent to understand his feelings and views about sex. Start early and provide your teen with access to information that is accurate and appropriate. Delaying sexual involvement could be the most important decision your child can make. Talk to your teen or preteen about the following things he needs to think about before becoming sexually active:

Medical and physical risks, like unwanted pregnancy and STDs (sexually transmitted diseases) such as

- Gonorrhea
- Chlamydia
- Hepatitis B
- Syphilis
- Herpes
- HIV, the virus that causes AIDS

Emotional risks that go along with an adolescent having sex before he is ready. The adolescent may regret the decision when he is older or feel guilty, frightened, or ashamed from the experience. Have your adolescent ask himself, "Am I ready to have sex?" "What will happen after I have sex?"

Methods of contraception — Anyone who is sexually active needs to be aware of the various methods of contraception that help prevent unintended pregnancies, as well as ways to protect against sexually transmitted diseases. Remember to tell your teen that latex condoms should always be used *along with* a second method of contraception to prevent pregnancy and STDs.

Setting limits — Make sure your adolescent has thought about what his limits are *before* dating begins.

Most importantly, let your adolescent know that he can talk to you and his pediatrician about dating and relationships. Offer your guidance throughout this important stage in your teen's life.

Smoking and tobacco

"My daughter smokes behind my back. How do I convince her to quit?"

Smoking can turn into a lifelong addiction that can be extremely hard to break. Discuss with your adolescent some of the more undesirable effects of smoking, including bad breath, stained teeth, wrinkles, a long-term cough, and decreased athletic performance. Addiction can also lead to serious health problems like emphysema and cancer.

"Chew" or "snuff" can also lead to nicotine addiction and causes the same health problems as smoking cigarettes. Mouth wounds or sores also form and may not heal easily. Smokeless tobacco can also lead to cancer.

If you suspect your teen or preteen is smoking or using smokeless tobacco, talk to your pediatrician. Arrange for your child to visit the pediatrician, who will want to discuss the risks associated with smoking and the best ways to quit before it becomes a lifelong habit. Smokers young and old often are more likely to listen to advice from their doctor than from others.

If you smoke...quit

If you or someone else in the household smokes, now is a good time to quit. Watching a parent struggle through the process of quitting can be a powerful message for a teen or preteen who is thinking about starting. It also shows that you care about your health, as well as your child's.

Alcohol

"I know my son drinks once in a while, but it's just beer. Why should I worry?"

Alcohol is the most socially accepted drug in our society, and also one of the most abused and destructive. Even small amounts of alcohol can impair judgment, provoke risky and violent behavior, and slow down reaction time. An intoxicated teenager (or anyone else) behind the wheel of a car is a lethal weapon. Alcohol-related car crashes are the leading cause of death for young adults, aged 15 to 24 years.

Though it's illegal for people under age 21 to drink, we all know that most teenagers are no strangers to alcohol. Many of them are introduced to alcohol during childhood. If you choose to use alcohol in your home, be aware of the example you set for your teen. The following suggestions may help:

- Having a drink should never be shown as a way to cope with problems.
- Don't drink in unsafe conditions — driving the car, mowing the lawn, using the stove, etc.
- Don't encourage your child to drink or to join you in having a drink.
- Never make jokes about getting drunk; make sure that your children understand that it is neither funny nor acceptable.
- Show your children that there are many ways to have fun without alcohol. Happy occasions and special events don't have to include drinking.
- Do not allow your children to drink alcohol before they reach the legal age and teach them never, ever to drink and drive.
- Always wear your seatbelt (and ask your children to do the same.)

Drugs

"I am afraid some of my daughter's friends have offered her drugs. How can I help her make the right decision?"

Your child may be interested in using drugs other than tobacco and alcohol, including marijuana and cocaine, to fit in or as a way to deal with the pressures of adolescence. Try to help your adolescent build her self-confidence or self-esteem. This will help your child resist the pressure to use drugs. Encourage your adolescent to "vent" emotions and troubles through conversations and physical activity rather than by getting "high."

Set examples at home. Encourage your adolescent to participate in leisure and outside activities to stay away from the peer pressure of drinking and drugs. Talk with your children about healthy choices.

The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

From your doctor

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of Pediatrics



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