



child care
resources
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tip|sheet

Ideas and information about child development and early education for parents, professionals and the community-at-large.

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To access these Tip Sheets, please visit www.childcareresourcesinc.org or call Child Care Search at 704-348-2181 to speak with a Parent Counselor.

child care search

Resource & Referral Service

Mecklenburg County (704) 348-2181

Cabarrus County (704) 786-1024

Union County..... (704) 238-8800

Rowan County (704) 550-0103

Stanly County (704) 210-1008

Survival Kit for Working Parents with Adolescents



Here are some practical tips to help minimize hassles with your teen:

- Recognize that during the teen years, hormones reign supreme. Your child can slide in and out of moods without a moment's notice. As confusing as this can be for you, remember how bewildering these changes can be for the teen experiencing them. Be prepared for rapid swings between independence and dependence; moments of despair punctuated by giggles of glee. Don't expect even-tempered behavior!
- Review your own behavior regarding your developing teen; are you allowing enough independence, supporting self-initiated plans, and demonstrating your respect?
- Expect that your teen will boycott some family events and outings. Show your willingness to be flexible at times while making clear that sometimes the event may be non-negotiable.

- Allow rebellion and experimentation within limits. Be clear about what choices they may make, and which issues are not up for discussion.
- Don't take your teens' temperamental tactics personally. At this age, adolescents reject the limits and control which parents represent.
- Be sensitive to what drives your teen crazy! Avoid "embarrassing" him/her, stay away from nagging (which doesn't work anyway), avoid being judgmental or confrontational.

The key to surviving life with teenagers is to keep a sense of humor and learn to pick your battles wisely.

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