



POSITIVE PARENTING – COPING WITH TEENAGE REBELLION

Teenage rebels are always a cause of anxiety to parents. You feel there is no end to the arguments and quarrels, and it all seems hopeless. Keep your cool – TRY not to react when they make extreme statements, play reverse psychology “I am NOT going to University do you hear me?” reply “yes we hear you and of course this is YOUR decision, all we ask is you think it through.”

Save the cannons for when you REALLY need them. Remember they are still very young

If boundaries and mutual respect has been in play since a younger child, the teen years are more bearable. In fact, teenagers are remarkably humorous and interesting, it is far more fun interacting to gain their opinion on life. Before you know it they have left home so do try to enjoy it , because you WILL miss them.

How do prevent teenage rebellion

You may not completely prevent it but this will go some way to reduce reaching the extremes

1. Set stern reasonable rules

Allow your children’s friends to come around, eat pizza BUT ask they clear up. By meeting their friends and welcoming them you get to see WHO they hang out with and if you need a quiet chat.

2. Have a conversation rather than a diktat

Implement a rule through conversation not by dictating where there is no wiggle room if the rule is too binding, they may break it out of curiosity! Remember they are testing their new boundaries

3. Have reasonable consequences

If the room is not cleaned up after a friend and they break the rules then there has to be a penalty (not a punishment – use chosen words carefully)

4. Praise good behaviour

Complement, smile and encourage when they have done something good and reward, especially when it wasn’t a rule, and even if it was a rule !

5. Attach adequate rewards

Reward them if they constantly are doing well not to break the family budget just something small

6. Give them space and privacy

It is OK for teens to gossip to friends and chat on the phone or stay late after school to meet up. It is OK for them to want their own space, accept it without commenting unless you are concerned

7. Share knowledge and resources about peer pressure

Underage alcohol and smoking are not worth an argument so direct them to teen resources on how to cope with peer pressure for their generation.

How to deal with a rebellious teenager

1. Stay calm

Use a calm tone to ask what is on their mind – not aggressive tone or body language or expression – just show concern

2. Don't use harsh punishment

Penalties don't work as they did when a young child. They will tend to get aggressive in a display of defiance

3. Have a conversation as a friend – they are young adults

A combination of chilled language and attitude with a calm tone can quickly diffuse a situation. TRY to remember how you felt as a teenager! Try not to say "I am your Mum and I know better!" keep the channels of communication open – don't build walls between you

4. Explain your intentions

Explain why you are concerned and make rules and how you want good things in their life. If you fail to give a good reason, they will do it anyway. If you forbid them to go to parties – what do you suppose will happen?? Get them to a point so they understand your logic

5. Use a win- win solution

Try "OK I will let you go on one condition" this helps them feel you are accommodative and not just ordering them around. Negotiation is essential with teenagers

NOTE – if after the above, you feel your teen's behaviour is not normal or extreme, out of control, then there is likely an underlying negative reason which needs to be managed and discussed and maybe seek professional help