



POSITIVE PARENTING

TEENAGERS – rules and boundaries

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, 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.

Your teenager may act like they can handle anything but they are struggling to develop their identity, and crave the security that boundaries give them.

Children of all ages need rules, and that goes for teenagers too – even though at this stage they may challenge them a lot!

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





Top Tips

- Telling teenagers what to do doesn't work!
- Rules are more likely to be kept if they are negotiated, understood and agreed
- There needs to be some 'give and take', however, some rules are not negotiable, for example whether your child goes to school or not
- It works better if there are as few rules as possible
- If you can compromise, it will encourage your teenager to compromise too, but be firm about the boundaries that matter
- Praise when rules are kept
- When a rule is broken, your teenager needs to understand the consequences
- Stay calm and listen to what they have to say
- Be clear about consequences for rule breaking
- Consequences should be fair, realistic and followed through
- Renegotiate the rules as your teenager gets older
- Ensure both parents or the adults in the teenagers 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**