



Parenting in Adolescence – Tough Job!

Many people believe that the most important time of parenting a child is in their infant and toddler stages. While that is certainly true, adolescence requires just as much care and attention, but in a different way. Small children depend entirely on us for their needs. In adolescence, youth are striving for a sense of identity and independence, yet still need the support and nurturing through the failures and successes of this period. As a parent or adolescent, determining which times, can be frustrating.

Our teens are faced with many difficult decisions and need the strong influence and guidance of an involved adult. In this stage of development, this is often a combination of parents and adults from extended family or activities of interest. Modeling communication, such as asking for help and support can provide an example for them while giving them some independence in seeking out advice.

Regular family meetings for about a half an hour might be a place to start. The family can find a time to suit them all and put some rules into place at the first meeting. These rules should allow the discussion to occur with mutual respect for each other. Each person can be given an amount of time to talk about any subject of their choosing. This subject should not be disrespectful of any group member, but rather focus on support of each other and understanding of frustrations. Each person can speak uninterrupted unless asked a question by the speaker. At the end of their time, the next person can begin.

Many families have found that this simple and regular way of communicating is the beginning of more discussions, more time together and many positive memories.

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