



# Discipline for Teenagers

## What can parents do to support teenagers: -

- Try to avoid power struggles, offer choices as often as possible
- Learn to negotiate more over some of the unimportant rules
- Be clear of what you are expecting from the teenager and what the consequences are of disobedience
- Logical consequences if they want put away clean washing then you want wash it or if they don't bring it down to be washed it can stay in the room. If they don't put petrol in the car then they can't drive it
- Withhold privileges for example using the phone, renting a movie, going out with friends at the weekend
- It is important as when young to be consistent calm and loving in whatever discipline methods you choose
- Don't criticise or compare the teenager to others as it is an age when they are very self-conscious of the self
- Understand that teenagers need physical space and try not to be upset if the teenager are so affectionate as before

## Communicating with your teenager

- Although it will feel like your teenager is moving away from you and you can do nothing right the fact is the teenager will still need to rely on you for support and loving reassurance while seeking their own autonomy and identity they will still need to ask you questions and talk through problems

- When the teenager does talk to you it is important you listen and try not to interrupt. Avoid criticising or trying to fix your teenagers problems
- Be supportive and offer suggestions on what you think is the right thing to do
- Try and support the decision the teenager makes remember they need to learn by decisions they have chosen to be able to reflect it parents make all the decisions a teenager has no one to blame if things go wrong then the parent “you told me to do that “
- There are times when you may need to be more assertive and intervening in decisions such as drug taking or alcohol use.

