












## PARENT SERIES

### Tips for living with a teen

Parents, here are some tips for looking after yourself as you navigate the sometimes treacherous waters of living with teenagers!

-  **Take the pressure off yourself!** Just as there are no perfect teenagers, there are no perfect parents. You will make mistakes and your teens can actually learn from them, if you are able to admit to these errors and move forward.
-  **Remember that conflict is normal and is a part of your family's development.** So try to see conflict as a means of learning and re-negotiating the relationship you have with your teen.
-  **When the conflict escalates, stress levels increase dramatically.** So call for time out to calm down and de-stress. Go for a drive, a walk or take a shower when you feel the situation isn't going anywhere and you're feeling uptight.
-  **Make time on a regular basis for fun and relaxation.** If you don't regularly "re-charge your batteries", chances are you'll be no good to yourself or to your teenager.
-  **Be aware that on average, teenagers need more sleep.** Due to hormonal changes, teens need between 8-10 hours to sleep to function at their best. Sleep patterns shift towards later times, so it is only natural for them to sleep later at night and wake later in the morning.
-  **Allow your teenager space for themselves.** As teenagers are striving for independence as they are reaching adulthood, they may need more time alone.
-  **Talk to other parents of teenagers when you can.** It is often extremely rewarding and comforting to exchange thoughts, ideas and experiences with people in similar situations. This could be achieved by joining a parent support group or doing a parenting course.
-  **If you have a partner, make time for your relationship.** It's not only your relationship with your teenager that's important. So take time out together.
-  **Engage in your own self-care.** If relaxation and you have a distant association these days, explore what's on offer in your local community in relation to stress management, relaxation, meditation, yoga and exercise activities.

If you would like to book an appointment and /or speak with one of our Counsellors, it's as easy as calling 1300 66 77 00 or New Zealand 0800 327 669 or visit our website [www.accesswellbeing.com.au](http://www.accesswellbeing.com.au)