

Looking After Yourself While Parenting Teens

Parenting teenagers brings big changes for the whole family, and it's normal to feel stretched at times. Prioritising your well-being helps you stay calm, present, and resilient, making it easier to support your teen through this stage.



Let go of perfection: Just as there's no such thing as a perfect teenager, there's no perfect parent. Mistakes will happen—what matters is how you acknowledge them and move forward. Your teen can learn from how you handle challenges, so model self-compassion and a willingness to grow.

Embrace conflict as part of growth: Disagreements are a natural part of family life and don't mean you're failing as a parent. Instead of seeing conflict as a setback, view it as an opportunity to strengthen communication, set boundaries, and renegotiate aspects of your relationship as your teen matures.

Take a breather when things get heated: If tensions rise, it's okay to step away and regroup. Taking a short break—going for a walk, listening to music, or even just deep breathing—can help you return to the conversation with a clearer mindset and avoid saying something you'll regret.

Prioritise rest and relaxation: When life gets busy, self-care often takes a backseat, but regularly recharging is essential. Find small ways to relax—whether it's reading, exercising, or spending time with friends—so you have the energy and patience to support your teen.

Understand teen sleep needs: Hormonal changes mean teenagers need 8–10 hours of sleep to function at their best, but their natural body clock shifts toward later bedtimes. Encourage healthy sleep habits, but be mindful that late nights and sleeping in are normal at this stage.

Respect their need for space: As teenagers strive for independence, they may crave more alone time. While it's important to stay connected, allowing them space to process emotions and develop autonomy fosters mutual trust and respect.

Connect with other parents: Sharing experiences with other parents can be a great source of support and reassurance. Consider joining a parenting group or simply reaching out to friends who are also raising teens—you're not alone in this journey.

Nurture your relationships: While your focus may be on your teen, your other relationships matter too. Make time for your partner, friends, and family to maintain a strong support system and a sense of balance in your life.

Invest in your well-being: Whether it's physical activity, mindfulness, or creative hobbies, finding activities that help you recharge will make a big difference. Prioritising your own health and happiness sets a positive example for your teen and helps you show up as the parent you want to be.

To book an appointment with one of our counsellors, call or scan the QR Code



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