



She's Not The Child She Once Was

Who ever said being a parent was easy? When your child becomes a teenager, things suddenly become very different. As the parent of a teenager, you can expect many new challenges to deal with. One of the most challenging issues is learning to handle changes in the behaviours and attitudes of the child.

Teenagers are at an impressionable age where they tend to get swayed by what their peers say and the popular culture. With the proliferation of pro-cannabis advocacy in other parts of the world and certain websites promoting drugs as an alternative lifestyle, parents have to be wary of what their teenagers are getting exposed to. Teenagers like to test boundaries and while it is important to give your child the space he or she needs to grow and become independent, parents need to be there to guide them in making good decisions and to influence their attitudes.

When dealing with your teenager(s), it is important to remember that they are not the children they once were. Keep treating them as such and you will only set yourself up for failure. Instead, embrace the changes and keep three simple rules in mind: You are not going through this alone, know that you are more influential than you think and stay involved in your teen's life.

You Are Not Alone.

We know that helpful advice on this subject is hard to find. We know that it can be easy to feel anxious and isolated when your teen is going through a rebellious phase and not communicating with you. Remember that you are not alone as many parents feel the same way as you do. Find and connect with other parents of teens out there to share valuable parenting advice and tips on several topics which may range widely from managing personal expectations to preventive drug education!

You Are More Influential Than You Think.

We know that your teen may choose to spend more time with their friends. This may lead you to think that friends are more important to him or her than you are. However, you can be the most powerful influence in your teen's life, if you stay close and connected. Be aware that as a parent, you can potentially have a larger influence over your teen than music, TV, celebrities and the Internet.

Stay Involved.

The teenage years are a crucial time for you to stay involved in your child's life. Create a warm and fun home environment by encouraging positive, two-way communication. Know who your teen's friends are and their parents as well. Encourage your teen to pick up an interest or hobby that furthers his or her personal growth such as learning a new sport or picking up a new language.