



THE EAP CONNECTION

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For Confidential Assistance Call (800) 654-9778 or (503) 228-3223

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The Jekyll and Hyde Years Tips for Parents of Teens

Developmental Changes

Normal teenage development involves both internal and external conflict as teens test their boundaries, search for independence and try their ideas about the world. They are a bundle of nerves and hormones struggling to be grown up. Sometimes they do it in rebellious and child-like ways that are hard to understand and even harder to live with.

A Parent's Role

It's hard to stand by and watch your teen struggle. You don't like to see your teen hurt. As a parent, you must learn to strike a balance between letting go and holding on. Making mistakes, and experiencing pain, disappointment or anger are all part of growing up. Being too protective of your teen doesn't help him or her become an independent adult. You have experience and maturity on your side. If you can treat your teen with respect and help him or her keep esteem, you will have gone a long way in helping your teen on a difficult journey. You must show love when your teen doesn't love himself and try to keep a positive attitude.

Survival Checklist for Parents of Teens

- Be a good role model
- Keep your sense of humor
- Respect your teen's privacy
- Sign contracts for clearer goal expectations
- Reward positive behavior
- Reward help with family tasks
- Set limits without controlling



Your Employee Assistance Program can help, for more information or further assistance call (800) 654-9778

When to Seek Help

It can be difficult to determine if problems your teen is experiencing is a natural part of growing up or if professional help is needed. If your child exhibits any of these signs: *prolonged depression, continual negative statements, excessive anger, talks about suicide, physical or emotional abuse, a drastic change in personality, appetite or friends or, loss of interest in school,*

A parent told a story of how her wonderful daughter became a teen and some cruel trickster replaced her with this horrible monster. In time, the error was discovered and the monster was replaced with a wonderful, grown up woman. If this sounds like the child/adult in your home, you may be wondering how you can live more happily under the same roof with your teen.

consider contacting your Employee Assistance Program at 800-654-9778. You and your teen can meet with one of our counselors in a confidential setting in order to discern what factors may be contributing to your teen's behavior. In some cases, additional individual or family counseling may be recommended.

You may find your teen reluctant to attend counseling with you. Share with your

teen the signs you have seen and acknowledge that you are not an expert in this field and that you are seeking counseling in order to learn more. Remember, the counselor may determine that your teen's experiences are normal and that no intervention is needed. If your teen continues to refuse to come with you, come without your teen. You can share your concerns and determine what steps, if any, might be taken next.

Positive Techniques for Coping

Peers will have a great influence on your teen so be open to meeting friends and encouraging wholesome activities. Be available to talk but avoid making judgments.

Let your child fall a few times when trying out wings, but be there when they do. Teach responsible behavior to rectify mistakes. Be generous with praise when you approve. Try to hold your tongue when you disapprove, unless you fear your teen will be harmed.