

# Adolescence

Adolescence is a normal period in life during which a child becomes a young adult and needs to assert independence from his or her parents. Adults notice the child starts behaving in a way that is not expected and that they do not like.

They often lie, take risks with their health, are irritable and talk back. Their friends are more important than their parents.

It can be challenging for the whole family before a new equilibrium is gradually reached. Here are a few simple suggestions for coping during this period; they can help improve the relationship.



- Keep the door open on any subject. Be an “approachable” parent.
- Avoid arguments when your teen (or you) is upset. It can lead to saying things that you will regret later.
- Praise generously. Everybody likes to feel appreciated.

- Avoid embarrassing or shaming your teen, for example, when they express ideas that seem naïve or foolish.
- Spend time with your child doing things you both enjoy.
- Learn to accept and respect your child’s personality. Ask them to reciprocate.
- Try to keep as good a mood as possible. If you still feel unable to cope, talk with your doctor or a specialist in adolescent psychology.
- Talk less and listen more. Like everyone else, teenagers open up more when they know someone is listening.
- Pay full attention when your child wants to communicate with you. Do not read or watch TV or engage in other activities.

