



The Push and Pull of Parenting Adolescents:

How to help navigate the life of a high school student



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Disclaimer

- I do not have any children.
- So...
- Meeting ajourned.





My Background



- BA Psychology - UMBC
- Certified Teacher Grades 1-8 (Taught in MCPS for 9 years)
- MS School Guidance and Counseling - Bowie State University
- ES Counselor (5 years)
- MS Counselor (7 years)
- HS Counselor now!!!
- MS MFT - UMD - LGMFT (Licensed graduate Marriage and Family Therapist)

Back to the Basics

- All children regardless of the age need attachment
- Young children attach and feel safe with:
 - Predictability, structure, routines, consistency, rules
- The same is true for adolescents

Parenting and Adolescent

- Life as you know it will never be the same
- Adolescents have unique features
 - The need for autonomy
 - The need for support
 - The need for privacy
 - The need for interconnectedness
- A time of great contradictions
 - How do you navigate all of this and maintain your sanity?



All teens need:

- Clear and consistent expectations
- Treat children with respect
- Remain verbally and physically demonstrative of affection throughout adolescence
- Maintain a sense of humor
- Provide emotional accessibility
- Stand your ground on points that matter

Parenting : The delicate, persistent, evolving dance, to stay one step ahead of the wool being pulled over your eyes!





"IT'S BEEN ROUGH AT MY HOUSE SINCE MY PARENTS GOT ON THE SAME PAGE ABOUT ME."



I'VE TOLD MY DAD THAT I WANT TO COLOUR MY HAIR GREEN AND HE'S LIKE "HEY, WHAT A GREAT IDEA"! THAT'S WHY I'VE DECIDED TO LEAVE MY HAIR AS IT IS.

Don't fall for it!!!!

- Getting parents to back off is exactly what the overly emotional or dramatic adolescent is trying to do in order to escape accountability for her mood, attitude, or behavior



What is my style

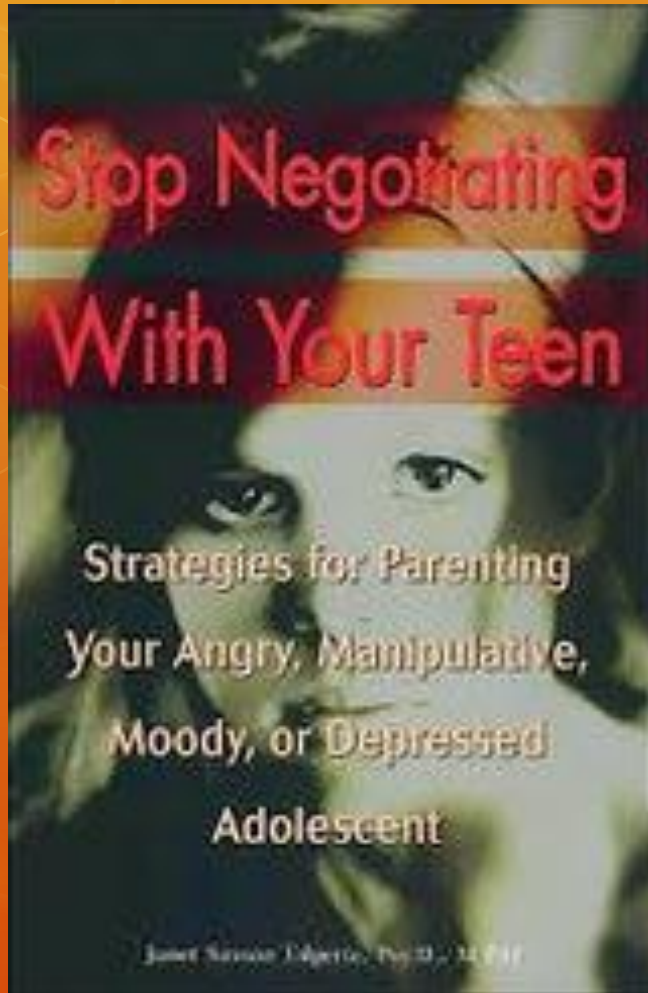
- Research shows that parenting falls into several categories...

How do you help ensure school success!!!

○ **STAY INVOLVED!!!!!!** Now is not the time to completely let go.

- Allow some autonomy
- Allow for teen to take responsibility
- Step in when necessary
- Stay in contact with teachers
- Teach son or daughter how to advocate for themselves

Highly Recommend



Edgette, J. S. (2002). Stop Negotiating With your Teens: Strategies for Parenting Your Angry, Manipulative, Moody, or Depressed Adolescent. Berkley Publishing Group. NY, NY.