Stop Fighting with Your Teen: 5 Transformative Strategies

By Sharon Saline, Psy.D.

When tangling with teen moods and defiance, it’s easy to forget you’re on the same team! Both you and your teen want him to succeed. Use these five strategies to avoid the dynamics that pit kids against their parents, and help no one.

“Who am I? “Where do I fit in?”

These questions plague and preoccupy every adolescent, to some degree, in the throes of puberty. For teens with ADHD, they are compounded by a psychology of shame, inner put-downs, and even self-hatred spawned from years of trying (and often failing) to cope with the added challenges of school and life with attention deficit or a learning disability.

We see this play out on a daily basis but sometimes forget what our teens need most— even (and especially) when we are enforcing discipline or building skills: encouragement and positivity to counter those critical, negative voices in their heads. How can you effectively balance your teen’s need for rules and consequences with his simultaneous need for conditionless love? Read on.

1. Self-Control

You lose your temper – and faith in the belief that your efforts will ever pay off – after reminding your teen for the fifth time to fold the laundry all over his bed. Frustration is an understandable reaction. But, teens tell me they only grow more agitated and defiant when their parents explode. The key here is learning to manage your feelings first, and then trying to help your child.

Start by making a point to notice when you are getting off-track, and try to bring yourself back by taking deep breaths and pausing the action. Act like your GPS and take a moment to “Reroute.”

13 (Better) Questions to Ask Your Child about School

When your child comes home from school there are lots of things you want to know about their day at school. Here are some important things to keep in mind when you’re talking to your child about school.

- If you give your child the opportunity to answer with one word (yes, no, a name), then you’re likely to get a one-word response. Try to ask open-ended questions to keep a conversation going.
- Often kids are not specific, so you have to ask for specific information when you want it.
- Avoiding emotion-packed words (fun, happy, sad, mean) will allow the conversation to go on longer.
- Asking positive questions will give your child a chance to express concerns. Negative questions will stop a conversation.

CONTINUE READING
AMP wants our foster/adoptive families to consider this opportunity for their youth to attend the AMP conference at the Des Moines & Ankeny DMACC locations on 2/23/19. This is “free” and transportation is provided throughout the day. Parents are welcome to accompany their youth so please register if you are an adult or teen.

Rise Up is a statewide youth conference on February 23, 2019 At DMACC in Ankeny (morning) and DMACC Urban (afternoon) for foster, adopted teens. This conference will allow teens to learn about opportunities for their academic and professional careers. Thanks for your help spreading the word!!

REGISTER AT: https://dmacc.secure.force.com/events/targetX_eventsb__events#/esr?eid=a0i61000006ZAeoAAG