



## **HOW TO HELP YOUR TEEN COPE WITH TEENAGE LIFE** *Practical Tips for Parents from Allen O'Donoghue of CA Coaching*

The teenage years are some of the most emotionally challenging for any of us and can throw up many issues between parents and children. There are things that parents can do to help their teens to deal get through the difficult times. Here are some tips for parents:

- Don't just dismiss what is happening a "they're just being moody!" It's important for your child (no matter what age) to know that their feelings matter and are important to you. This can be difficult, especially if it is a regular occurrence but you have to remember that that break up at 14 really does feel like the end of the world to your child.
- Our bodies tell us how we are feeling before our mind does. We will feel a tightening in our stomach or sweating etc, so let's work with our teens to help them to recognise these signs and offer tips to reduce their stress levels.
- Maintaining physical health will have a significant impact on how our children can deal with their emotional health. Both are as important as the other. Getting enough sleep, eating healthily, getting exercise etc are all so important to being able to maintain our health. We also need to be part of this and model the importance of physical health.
- Talk about how we cope with issues and how they can do the same. This can be hard as we have to look at ourselves and realise that our children see how we deal with issues. Let them know that they can take time out, go for a walk, talk to someone they trust and relaxation techniques in order to de-stress.
- Encourage your teens to get out and about. There are more and more options being brought onto the market to keep us indoors or interacting online. Make sure your children are involved in activities and encourage them to spend time with their friends.
- Teach them social responsibility. One of the most fulfilling things we can do is give time to help others. Getting our kids volunteering will give them so much personally while helping others at the same time.

*These Positive Parenting Tips are brought to you by Allen O'Donoghue of CA Coaching.  
Allen is a specialist in parenting and family development and runs a series of Positive Parenting Skills courses each year.  
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