



Run by and for LGBT+ parents/carers, their children and those considering parenthood living in Greater Manchester.

Top tips from the parenting your 10+ year old session.

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Top tips for supporting teenagers with feelings:

- Stay involved and as interested as you can.
- Enjoy the good moments and the good times.
- Try not to nag and criticise. It's easy to fall into this cycle.
- Give them space if they don't want to talk they may need time to calm down and gain control of their emotions.
- Try not ask too many questions – it can feel like interrogation.
- Model processing your feelings in a healthy way.
- Avoid labels such as moody, selfish and lazy.
- Give empathy, empathy & more empathy and watch the effect.

Top tips for praising a teenager:

- Be subtle in the way we go about giving them praise. It's important to let them know you have noticed something positive.
- It may be a text, a note or a discreet – 'Well done I knew you could do that exam'.
- Step back and notice the positives – do they get themselves up for school each day? Do we comment how that helps us in the morning because they are so independent?
- Remember to praise behaviours that happen each day.
- Remember positive attention alters behaviour.

Top tips for using 'I' statements:

- State how you feel (e.g. 'I feel upset', 'I feel frustrated').
- Describe the situation without blaming or criticising.
- Avoid the word 'YOU'.
- Keep the description general – 'What I would like to happen is....'.
- Be clear about why it is a problem.
- Think about what might help solve the problem from both points of view.

Top tips for spending time with young people:

- Follow their interests, become interested and try to use this to spend time with them.
- Don't force your child to spend time with you but offer it.
- Expect rejection – this is normal.
- Speak to them, even if they just grunt back they still need us a lot more than they actually tell us.

Top tips for social media:

- Agree house rules this might include time limits or media free times such as meal times.
- Blue light from electronics keeps part of the brain alert – electronics should be turned off an hour before sleep time if possible.
- Young people feel anxious about being separated from their phones. Talk with them to establish times when they will be switched off.
- Remember when you are talking about social media your also talking about relationships and managing strong feelings that go with it.

Recommended websites:

- ceop.police.uk
- saferinternet.org.uk
- childnet.com
- chatdanger.com
- thinkuknow.co.uk
- internetmatters.org

Top tips for approaching topic of drugs and alcohol:

- Make time to talk to your child.
- Listen to their concerns and thoughts without lecturing.
- Stay calm and open minded.
- If you ask questions try to show interest rather than interrogating.

Continuing the conversation:

- Be open to conversations at age and developmentally appropriate levels.
- Respect their need for privacy.
- Remember that although they will get information from a number of sources they will probably still want to talk to you.
- Remember when you talk it's not just about information but choices, questions, curiosity and discussions.
- Be prepared to answer questions and it's okay not to know the answers.
- Look at internet sites and TV programmes together they can start interesting discussions.
- Offer genuine positive compliments about their appearance 'That colour really suits you', and 'You look good today'.
- These comments will lift self-esteem.