DID YOU KNOW?

Parenting pre-teens can be a challenge, but they still need you!

The pre-teen years are a time of transition and change, and maturity levels vary greatly.

PRE-TEENS MAY BEGIN TO:

- Question parental authority and become more independent from their family.
- Experiment with risky behaviors such as drinking, smoking, or self-harm.
- Puberty, and the physical changes that come with it, can begin anywhere from 8-12 for girls and 9-14 for boys.
- Body image and eating problems sometimes start around this age.
- Kids who lack social and emotional maturity may struggle with loneliness and isolation -- and may become targets for bullies.

REFERENCES

- Aha PARENTING
- Centers for Disease Control and Prevention
- Very Well Family
  https://bit.ly/2w0FHZB
WHAT YOU CAN DO

TALK ABOUT NORMAL PHYSICAL AND EMOTIONAL CHANGES OF PUBERTY.

• They should expect hair growth in the genital area and under the arms.
• They may develop body odor and oily skin as their sweat glands get more active.
• Emphasize exercising to stay healthy and build strong bones, rather than to lose weight or look better.

HELP THEM DEVELOP A SENSE OF RESPONSIBILITY AND RESPECT FOR OTHERS.

• Involve them in household tasks like cleaning and cooking.
• Talk about saving and spending money wisely.
• Talk about what to do when others are not kind or are disrespectful.
• Help them set their own goals.

STAY CONNECTED AND BE AVAILABLE.

• Spend time with them to maintain a bond and provide support.
• Meet the families of their friends.
• Go to school events, meet their teachers.
• Be affectionate and honest with them.
• Practice talking without lecturing.

THINK ABOUT WHAT THEY ARE WATCHING ON TV AND HOW THEY USE THEIR PHONES OR TABLETS.

• Watch shows with them and talk about what they are seeing.
• Talk about safe use of social media.
• Decide how much screen time is appropriate and establish clear rules for smartphone use.
• Limit your own TV watching and cell phone usage to model safe behavior.

NRFC RESOURCES


OTHER RESOURCES

• Know Bullying https://bit.ly/2YupHvl
• Centers for Disease Control and Prevention - Positive Parenting Tips https://bit.ly/2Hl9HG1
• Safe Kids https://bit.ly/2LMNJ3i