

## **FREQUENTLY ASKED QUESTIONS BY THE PARENTS OF THE TEENAGERS**

### **1. How to stop my child being defiant and her/his answering back**

Something always go hand in hand which is Backchat and defiance. The deep issues of Power lie beneath most of the conflicts between Teenagers and Parents.

**Power** (I'm your boss!), **Position** (I'm ought to act your parent!) and **Prestige** (Because I am the Parent, I will have to act like this otherwise what will others think of me).

**A conversation with** last-wordiness and comeback lines is a threat to our position, our prestige and they are about power. The impulsive and angry response by Parents to backchat adds fuel to the fire in defiance.

Something Parents fail to realise it the key to remove oneself from the power play. Here are some ideas:

- 1. Avoid responding to backchat with words, instead walk away or keep busy in some other work. It defeats a power play.
- 2. Avoid telling your child what he should do, instead talk what you can do. Lead by example
- 3. Make more use of 'I-messages" if you wish to convey how you feel. e.g "When someone gets rude to me I feel hurt....." Make less use of "U"

### **2. *What can I do to help my child cope with peer pressure***

Peers will have more influence on children thinking, attitudes, values and behaviour as they become adolescents. If a young person tries to resist peer influence, he might feel isolated or instant ostracism. It takes efforts and will power to not be part of the crowd.

Here are some tips to help:

- 1 Help children and teens say no whenever required and maintain their dignity.
- 2 Encourage the teens to give good amount of thought before giving support to some request by the peers.
- 3 They should be encouraged to think through the results of their decisions
- 4 They should be made aware to discuss the impact of peer pressure
- 5 Encourage your kids to hold their own opinions and not always have to please others

### **3. How much okay it is if I push my child to continue the activity they already want to drop out?**

When the child has some talent, it's a greater concern to know whether to push a child or not to pursue an activity. It is natural for parents to try hard as they want to develop the talent.

- It should not adversely affect on a child's mental and physical health and emotional wellbeing.
- Sometimes doing it is okay to listen to them when they do not want to pursue things further.
- It is important to imbibe attitude to complete what they have started in kids.
- Dropping out and escaping should not become a habit
- Help kids to not make impulsive decision but a considered choice.

### **4. Is it possible to discipline my child without smacking?**

It is imperative to discard smacking from the toolkit of Parenting, Family discipline and the discipline methods used in schools and child care centres are different. Here are some valuable tips :

1. The key is to resist your first impulse to smack. It is must to walk away when you feel so and start doing something different.
2. Try distraction or move the children to a different area or just stay quite.
3. Wait until the situation changes and stay calm.
4. To teach more responsible behaviours, teach behavioural consequences.
5. Appreciate their good behaviours with a smile and a hug.

### **5. What can I do when my teenage son gets aggressive towards me?**

Your ability to stay in control and composed will matter a lot in such situation. You might feel exactly the opposite inside; however, staying calm is the key. It might be little difficult; however, with practice you can learn to avoid entering a full-fledged fight with a teenager. Pacify the conversation by saying *"It's not an appropriate time to talk, let's talk later today. I want us to discuss this later but not now."*

- Stay calm and refuse to react and revert to taunts
- Provide your young person with space by moving away.
- It can be dealt with again when you both are calm.
- Ask, "what would make you so angry" or "what were you thinking that made you so angry"

### **6. How do I get my child understand No means NO?**

NO is a complete sentence and it doesn't have to be explained. Sometimes children do not understand this and keep persisting until they get their favourable response. You may try these anti-pestering tips:

- In some issues, there has to be a "NO means NO" policy at home.
- Your child may throw tantrums when you say NO. It has to be ignored
- Give the impression to the kids that you and your Partner have the same view
- When they keep persisting, use the time-out of Parents method. It's super effective when you move away or pretend you aren't there.

### **7. How do I stop my child being a quitter and giving up things easily?**

One of the best success and resilience trait is Perseverance. It's worthwhile to push your kids to persist. Here are some persistence tips:

- Use a proper vocabulary in your conversation to encourage and help them persisting E.g. hang in there. Hang tough. It should get easy.
- Push the kids when the part gets hard in any endeavour and link effort and hard work with success.
- They should be taught to not quit half way. Encourage them to stay at the homework task until the end, not to quit their sports team until the season's end, etc
- Remind kids of history when they persisted and it worked for them.

### **8. How should I react when my kid lies or alters the truth?**

Kids alter the truth and lie for many reasons. Sometimes they want to escape negativity and avoid your disappointment. They want to make themselves seem important and sometimes they do fantasise. To try to identify the purpose of a child's untruths in the thumb rule.

- Don't let children escape negative consequence through their lies or stories

- The importance of honesty and trust should be imbibed in kids through examples and storytelling.
- Sometimes it is okay to be part of fantasising but do not go too far.
- Make sure if they lie, your reactions and interactions are positive but do give feedback.
- Encourage children to tell the truth if they are found to be lying.

### ***9. How can I change my attention seeker child?***

Attention-seeking is many times apparent in the teenager. Attention-seekers want the attention of their Parents and want to keep them busy in their service. To minimise attention-seeking, you may follow below mentioned tips:

- Ignore their attention-seeking and invest your attention to a constructive place.
- On the contrary, provide lots of positive attention when they do some good and deserve it.
- Help attention-seekers feel useful feel worthy so that they can follow their own interests.
- Appreciate their good behaviours.
- Help your child the importance of activities and that the world doesn't revolve around them.

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