Communication critical to helping stressed teens

New videos and articles at Raising Children Network show parents how to communicate with teens on the issues that cause them stress such as body image, cyber-bullying or testing their own limits. Informed by experts in adolescent health and well-being, these new, free resources at raisingchildren.net.au were developed by Raising Children Network and NSW Kids and Families. The resources help parents communicate with their teens, in particular those with emotional and mental health concerns or a chronic illness.

“Communicating with teenagers can be challenging for parents, especially when help is perceived by your teens as interference. Concern can be seen as babying, or advice can be interpreted as bossing”, said Professor David Bennett, AO, Senior Clinical Advisor, Youth Health and Wellbeing at NSW Kids and Families and a Senior Manager with the Sydney Children’s Hospital Network.

Click here to see a short overview video of the new parenting teens resources

“With around one in four teenagers developing a significant mental health problem, however, parents need to know what’s normal and when to worry – it’s part of the job.”

Sometimes parents can feel out of their depth when trying to help their teenager navigate the tricky terrain that often comes with adolescence. The videos help parents by demonstrating how parents and teens can communicate positively. Expert commentaries by professionals highlight good communication styles that parents can use to broach tricky issues and hold difficult conversations.

According to Dr Julie Green, Executive Director of Raising Children Network, the teenage years are a critical time in the development of good lifelong mental health. “There’s rapid growth and change during the teenage years – physically, mentally and socially. Parents play a crucial role during this time yet they often feel unsure about the balance between wanting to support their child and giving them space to manage issues themselves”.

The Raising Children website allows busy parents to access information and parenting tips at their own time and pace whether at home, work, or out and about.

Click here for video library of new parenting teens resources