



Parents

Remember- with early adolescents, strange behavior is often normal

EMOTIONAL

CHANGE: WHAT TO DO

Mood Fluctuations
Understand link between emotions, physical changes. Be consistent with discipline
Expect back talk, bossiness within limits

Changes in Alliances
Understand importance of peer acceptance.
Maintain a stable home environment.

Concern About self
Stress child's positive qualities.
Help child find activities he/she does well.
Listen sensitively to fears.

Idealism
Help child understand everyone makes Mistakes.
Help child set realistic goals..

PHYSICAL

CHANGE: WHAT TO DO:

Rapid Growth
Believe complaints about aching bones, muscles
Allow time for stretching; be tolerant of fidgeting.

Sexual development
Respect need for privacy.
Provide information about changes. Provide time, products for hygiene and grooming.

Hormonal changes
Provide balanced meals and Snacks.
Allow naps if needed.

Aggressive behavior
Encourage involvement in sports, community.
Channel aggression into physical work.

SOCIAL

CHANGE: WHAT TO DO:

Allegiance to peers
Realize family will be rejected.
Try to accept friendships.
Discuss alcohol and drug abuse.
Allow social activities in the home.
Support school-related social activities.
Expect new looks, new friends often.

Interest in Sex
Discuss normal behavior.
Try to put sex into perspective.

Desire for Independence
Expect rebellion within limits.
Understand need for privacy.
Be tolerant of one-syllable responses.

INTELLECTUAL

CHANGE: WHAT TO DO:

Slowed brain growth
Expect fluctuations in grade
Break large tasks into smaller ones.
Expect short attention span.

Intellectual Maturing
Expect both childlike and adult thought patterns.
Encourage reflection, value discussion.
Include child in family decision-making.
Promote career exploration.

Identity Concerns
Accept child's thoughts as important.
Spend time on individual basis.
Recognize accomplishments.

Adapted from: *Early Adolescence-A Time for Change: Implications for the Family-* a video tape by Jerry Rottier, Marge Stone and Delaine Klinka, University of Wisconsin-Eau Claire revised 4/06-Ridenour