

Dealing with Teenage Troubles When You™re a Dad

Description

When it comes to teenage troubles it makes you a little anxious just thinking about it. You have always been the fun loving, care free, laid back Dad that loves to have a laugh and a joke with the kids all the time. Now you might have to deal with some more serious matters and you™re not quite sure how to approach the situation. You feel like your job is [supporting everyone in the family](#) and making their lives easier, so this is your time to put your skills to work. It is time to listen to your teenager™s problems and help them to find a solution. Whether they are battling a serious illness such as depression or they are simply rebelling at school. Take charge as their father and help them through the rocky patch towards a brighter future.

Seek Professional Advice

If you have noticed a dramatic change in your teenager™s day to day behavior and you are genuinely worried about their health, then you may need to turn to a professional. There are many reputable [teen treatment centers](#) out there that will help your child conquer their mental health issues, self-esteem problems and ongoing anxieties. You might not be able to pinpoint the exact problem yourself, but an expert will be able to figure out whether it is anything from bipolar disorder to social media addictions. There is never any harm in seeking professional help, as long as it is going to benefit your child™s health in the long run.



[Image](#)

Give a Man™s Perspective

Sometimes a teenager just wants their dadâ€™s point of view on a certain issue. Whether itâ€™s your teenage daughter going through heartbreak or your son is having trouble with his self-esteem. Tell them what you went through when you were young and give comparisons. They will appreciate your honesty and will hopefully be able to see your personal side of their problems. When you are a man it can be very easy to keep a strong exterior at all times, but if you show a little vulnerability around your teens it shows them that itâ€™s okay to be upset from time to time.

Donâ€™t Lash Out

If your teenager comes to you with a problem or a mistake that they have made, then it is important not to get too angry with them. As long as it isnâ€™t a major crime or serious mistake, then you can afford to be a little lenient with them. Remain calm and collected and simply explain that you are a little disappointed with them. This trick works a lot better than blowing a fuse!



[Image](#)

Listen to Their Feelings

When you are a parent it is easy to assume that you are always right in every situation; you are older and wiser so your opinion counts more, right? This isnâ€™t always the case, so make sure you donâ€™t approach every situation with this kind of attitude. Your kids might feel strongly about a certain situation and it important to hear them out. Listen to their feelings and allow them to have an opinion on things. You have raised an intelligent and strong-willed kid they are always trying to debate with you!

Give Them Space

You know what it is like to be a teenager who wants nothing to do with their parents for a good couple of years; every moody teen goes through it so donâ€™t be too alarmed. [Give them a little space](#) and donâ€™t force them to have open conversations with you. If you play it cool like them, they will feel like itâ€™s their decision to come and talk to you about their problems. Keep your door open, but donâ€™t

make it too obvious.

Find a Workable Solution

If your teenager comes to you with a big problem, then you have already won half of the battle. When they open up to you and tell you what's going on in their lives it makes it so much easier for you as a parent to deal with the situation. Stay calm and talk them through all of their options. Perhaps they have had a falling out with their close friend at school. You could offer them a number of options and leave it up to them to figure it out. They will be grateful for your help and you will also be showing them how to face up to their problems alone from time to time.

Speak to their School

When your teen starts behaving strangely or is coming to you with a number of worrying problems, then it might be a good idea to let the school know. If their teachers aren't aware of their ongoing stresses and strains they might be adding to the issues unknowingly. Make sure their close and trusted teachers are aware of what they are going through, so that they can alleviate the stress or advise them on how to fix the problem.

Offer Incentives

Bribery is never a good idea for teenagers as they will often be able to see right through it. However, if you know your kid is super intelligent but simply isn't [getting the grades](#) they deserve, then you need to do something about it. Treat them and reward them when they do really well in a test; challenge them to a head to head in mathematics and see if they beat you. You can subtly offer incentives for them to do well at school, without openly offering presents and bribes.



[Image](#)

You might have been through the same teenage troubles when you were a youngster so make sure you are always understanding of their problems. If you think you need to take further action and seek professional support, then don't be ashamed to ask. Every child is different and it isn't always a

reflection on your parenting if they grow up with a mental illness or disorder. Your job is to always be there for them and support them through the tricky times. You are an amazing Dad, so never doubt your actions; everybody in your family truly appreciates you.

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