

Growing Pains: Helping Your Child With Their Teenage Anxieties

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While you might think that once you get past the toddler stage, it is plain sailing! After all, the idea of a [good nightâ€™s sleep](#) went out the window when they were born, and you look forward to reclaiming that later on. But, you could very well struggle with this issue again when they become teenagers. Not because of the general day-to-day duties, but because of something far deeper. Teenage anxiety is, as you will remember, incredibly unique. And in fact, it can be argued that itâ€™s worse today than it ever was. But what can you do to help your child with their teenage anxieties?

Pinpointing The Actual Problem

Itâ€™s not always about asking them directly, but itâ€™s about casual observation. It can take time to get to the root of the issue but it may very well be a straightforward problem, like acne. In which case you might very well be able to help in this respect, by pointing them in the direction of the right medication, or take them to the doctor. Or in fact, make your own acne cream with [RU58841 5% solution](#)! Itâ€™s better to take a step back and observe so you can see what the main issues are and if itâ€™s something that, in the grand scheme of things, is cosmetic, this is something we can aim to fix.

They May Not Want To Speak To You About Their Problems

If this is the case, can you point them in the direction of someone who can help? It all depends on the nature of the problem, but what you can help with is to give them a way to express themselves. This is something that as a parent we have to realize that we might not be able to directly influence the outcome. But what we can do is to point in the right direction either in terms [of counseling](#), or giving them the opportunity to vent with someone else. But what they donâ€™t want us to do is interfere. This might be a bit heartbreaking because you want to help your child, but if they donâ€™t want to speak to you directly, itâ€™s important to remind them that when they are ready to talk to you that you are there.

Be Careful With Positivity

Ultimately you might have been there before, and experienced all the same issues, but now you feel okay. But when you try and communicate this to your child, itâ€™s important that you donâ€™t hurry them along to get over it, because what theyâ€™re going through is seemingly insignificant in the grand scheme of things. Itâ€™s difficult for them right now, and as much as you can tell them to be more positive, this might not be what they need to get to the core of the problem. Sometimes we have to just let them ride it out. But we can do as a parent is to ensure they know we are there.

Maybe their problems are insignificant in the grand scheme of things, but theyâ€™re going through a huge state of anxiety. Whatever your opinion is this can be more stressful than you think. Keep your perspective, and remember, you were there once!

Date Created

2019/09/17