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## ADVICE & RESOURCES FOR

# PARENTING A TEEN

Being a parent or caregiver is an incredibly fulfilling and rewarding experience but undoubtedly it can also be quite challenging. Most parents find themselves worrying about their children and their own capabilities to provide guidance and support. This concern is particularly common among parents of teenagers.

This guide is intended for anyone who is responsible for and serves as a role model for teenagers. Throughout this guide, we use the term 'parent' to encompass all individuals caring for young people, including foster parents, adoptive parents, step-parents, and grandparents. When we mention 'son', 'daughter', 'child', or 'young person', we are referring to the teenagers under your care.



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Teens](https://bit.ly/MHSTParentingTeens)

In this guide we talk you through teenage brain development to understand why teenagers make decisions, need more sleep and may make riskier choices. We offer advice about how you can help your teenager while looking after yourself in the process.

    
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