

Employee Assistance Program *Tip Sheet*

Managing Conflicts with Your Teen



Life with teens often feels rife with turmoil, leaving parents questioning where they're going wrong. Rest assured that conflict serves an important role in preparing teens for sound future decision making. They are trying out their skills of logic and reasoning on you. The path to developing these skills comes with testing out different approaches, often using flawed logic and irrational thinking, arguments, and assertions of independence. Try these strategies to help ease tension:



1. **Stay calm** as your buttons are pushed to avoid escalating things further.
2. **Try to sort out the real issue.** What's really at the root of the argument and is it really important?
3. **Establish reasonable consequences.** Decide what you will and will not tolerate and be consistent. Avoid a punishment if you are not going to be able to follow through.
4. **Try not to worry about what others think of you.** Teens may make a scene out in public as they practice their skills. Avoid compromising your parenting approach out of embarrassment.
5. **Establish understanding** with your partner or other parent before approaching the teen so you can present a united front.
6. If an argument has gone on for a while, it's ok to **take a break and disengage.**
7. **Let natural consequences happen** if they are reasonable and safe.
8. **Remember that conflict serves a purpose.** Let teens practice while maintaining rules and boundaries and being supportive.

If tensions are running high in your household often, or you have noticed changes in your teen's behavior, it may be time to seek the guidance of a licensed mental health provider. Contact your Employee Assistance Program (EAP) today at the number below to connect with a counselor in your area.

Mather, Becky. "Breaking the Cycle: 8 Strategies for Dealing with Conflict with Your Young Teen". Parenthetical: Resources for Parenting Tweens and Teen. University of Wisconsin-Madison. Accessed May 17, 2024, from <https://parenthetical.wisc.edu/2017/11/06/breaking-the-cycle-8-strategies-for-dealing-with-conflict-with-your-young-teen/>

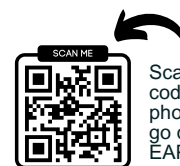


Your Employee Assistance Program

Anytime, any day, you have access to mental health professionals available to connect you with free and confidential services and resources to help you be your best. Simply call to get started today.

24/7/365 PHONE:
1.800.833.3031

WEBSITE:
www.EAPHelplink.com
Code: IOWA



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