



Managing conflict with teenagers top tips

It is normal for young people to develop increasing independence and become more assertive during the period of teenage development. This can mean that your teenager has different views and opinions from others in the home and that can result in higher levels of conflict in the family. While most teenagers will agree with their parents on many important aspects such as the importance of education, the majority of conflict is caused by differences in opinion about daily living arrangements and personal taste.

The vast majority of parents report having a good relationship with their teenager and both agree they love and respect each other. The most important thing is good communication between the parent and teenager.

Accept that current government guidelines mean families are having to spend more time together than usual. It's natural to feel anxious during this period of uncertainty. When emotions are high frustrations can be hard to manage and conflict can increase. Here are some tips which may help:

1. Conflict has a purpose. Use it in a positive way to understand each other better and improve family relationships.
2. Teenagers don't normally like rules but they will respect them better if they are involved in setting them and understand why they are needed.
3. Accept that you and your teenager see things differently. Forget who is right and who is wrong and respect each other's opinion.
4. Is the messy bedroom really that important? If it's annoying you think about who's problem it is.
5. Everyone needs some time apart and while restrictions mean that can't be done physically try and agree a way to manage the situation and give everyone space.
6. Structure and clear expectations will lessen the chance of misunderstandings that lead to conflict so try and maintain this in the home.
7. Build some family time into each day and ask all family members, including your teenager, to suggest fun ways to spend time together. Having a say in how time is spent instead of imposing your ideas will reduce conflict.

