



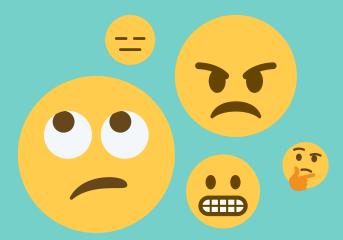
Managing conflict with teenagers top tips

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 an opinions from others in the home and that can result in higher levels of conflict in the 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 tips which may help:

- 1. Conflict has a purpose. Use it in a positive way to understand each other better and improve family relationships.
- in setting them and understand why they
- 3. Accept that you and your teenager see who is wrong and respect each other's



- **4.** Is the messy bedroom really that important? If it's annoying you think
- **5.** Everyone needs some time apart and 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.
- teenager, to suggest fun ways to spend is spent instead of imposing your ideas will reduce conflict.







parentingni.org Support Line: 0808 8010 722