

Supporting parents of teenagers: where next for professional practice?

John Coleman

The last ten years

- A major shift in thinking relating to parenting support
- A greater awareness of parenting in general
- Some really interesting research
- Yet, still a focus on early years

A note on research

- The adolescent brain
- Sleep during the teenage years
- Information management
- We know a lot more about what parents want, or don't want!
- We know a lot more about access issues
- We know a lot more about some of the challenges for parenting practitioners

Where are we now?

- There are more programmes for parents of teenagers out there
- There is low morale among trainers and practitioners
- Yet, parenting support is even more relevant in the current context

The main challenges for supporting parents of teenagers

- Parenting teenagers is tough!
- We must recognise the importance of parenting at this stage
- We have to get the message across that support and information can make a difference
- How to involve young people?

The way forward

- To maintain the learning
- To continue the research
- To maintain a core of expertise
- To have an organisation that leads the way!

Resources

- Coleman, J (2011) The nature of adolescence: 4th Edn. Routledge.
- Kerr, M, Stattin, H and Engels, R (2008). What can parents do? The role of parents in adolescent problem behaviour. John Wiley.
- Roker, D and Coleman, J (2007) Working with parents of young people. Jessica Kingsley.
- Smetana, J (2010) Adolescents, families and social development. Wiley Blackwell.