

FIVE DEVELOPMENTAL MILESTONES FOR TWEENS & TEENS



As your child grows, he or she will experience major changes. These changes may alter your child's personality seemingly overnight.

Don't despair.

Your guidance and encouragement at this time can help your son or daughter make healthy decisions as he or she thinks and acts more independently.



TWEENS 10-14

Here are developmental milestones for tweens and young teens (ages 10 to 14) and ways you can provide support:

- Moodiness and reluctance to accept physical affection from parents is common. Practice patience. Help them find the words to express their feelings.
- Peer pressure may play a bigger role. Know your child's friends and help them understand real friends have your best interest at heart.
- Risky behavior, such as having sex, using drugs or drinking may be increasing among their friends or at school. Talk to your child about their experiences.
- Personal hygiene needs increase. Help your child develop new grooming habits, such as consistently wearing deodorant.
- Social activities may seem more important than school work. Help your child understand that balancing fun and work is a lifelong skill.

TEENS 15-18

Developmental milestones for teens (15-18) and ways to provide support:

- More resistance to rules and your authority may occur along with verbal challenges. This is normal. Let your child, and you, cool off before talking again. Emphasize the behavior you expect and enforce the consequences when it doesn't happen.
- Sleep issues may develop as many teens like to stay up late. Let them sleep on weekends.
- Avoiding you may seem to be your child's top goal. Be patient as this will likely pass as they get older. Connect your child with other positive adults to support him or her.
- Physically, your child may look older than his or her age. Talk about ways he or she can be more alert and practice safety in the community and online.
- Your child may ride an emotional rollercoaster. Monitor your child's feelings and intervene if he or she becomes depressed.

Your tween or teen is learning how to become more independent as he or she grows. However, the need for your love, support and advice remains constant.