


Adolescent Development

How to Prepare, Navigate, Survive and Even Thrive Through it!

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Da Vinci Innovation
Academy-PEC



Background

- Bachelor's Prepared Registered Nurse.
- Texas Christian University
- Pediatric Specialty (Newborn to 18)
- Oncology, BMT, Liver Transplant (UCLA)
- Childbirth Educator/Lactation Consultant
- Pediatric Hospice (PLCM)
- Married 22 years
- 4 Children (21,19,18,11)

Summary

- Definition
- Focus Age
- What's Happening Inside?
- What Behaviors are Manifested?
- Parent/ Child Relationship
- Strategies

What is Adolescence?

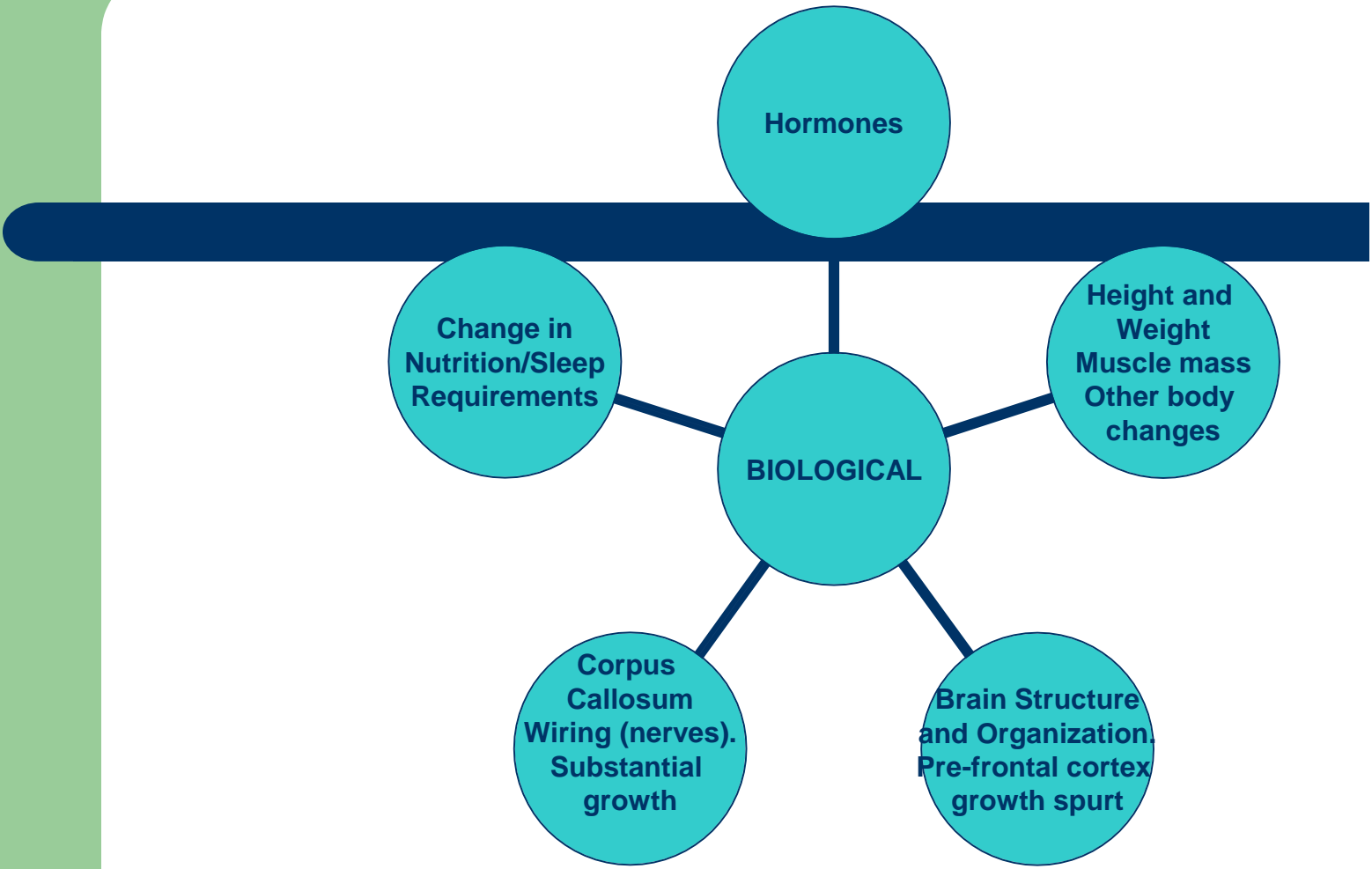
- A stage of physical and psychological development
- From Latin roots meaning “to grow up”
- The onset of Puberty to the end of physical growth (generally accepted)
- Physical, Social, Emotional, Cognitive (last three can extend into the 20’s)

Biological Definition

- Adolescence describes the teenage years between **13** and **19** and can be considered the transitional stage from childhood to adulthood. However, the physical and psychological changes that occur in adolescence can start earlier, during the preteen or "tween" years (ages **9-12**). (aka: Pre-Adolescence).
- Adolescence | Psychology Today
www.psychologytoday.com/basics/adolescence

What is Going On Inside???

- What makes them tick?
- Changes and stages
- Sequence and order!!
- Timing is variable!



Hormones

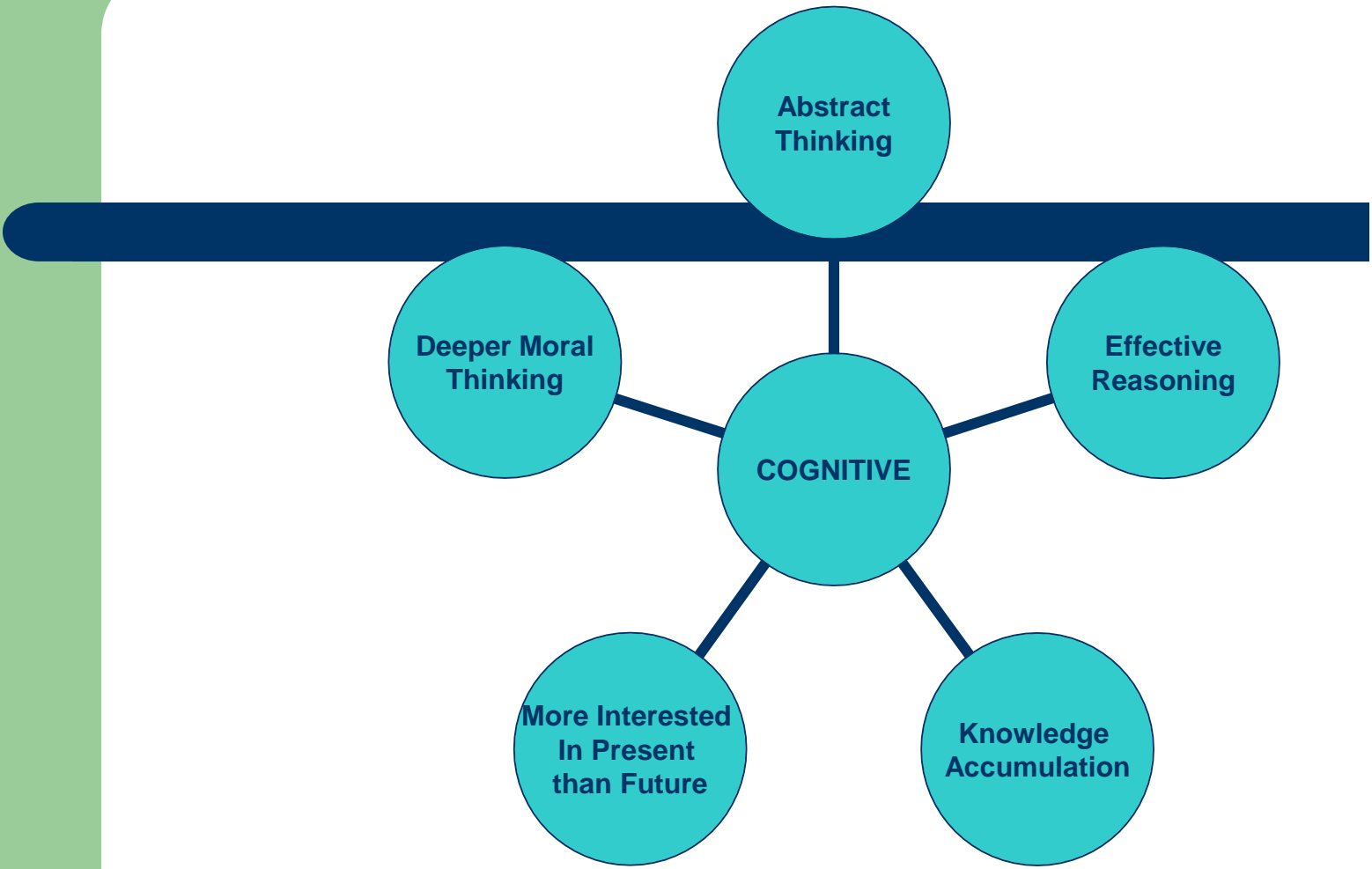
Change in Nutrition/Sleep Requirements

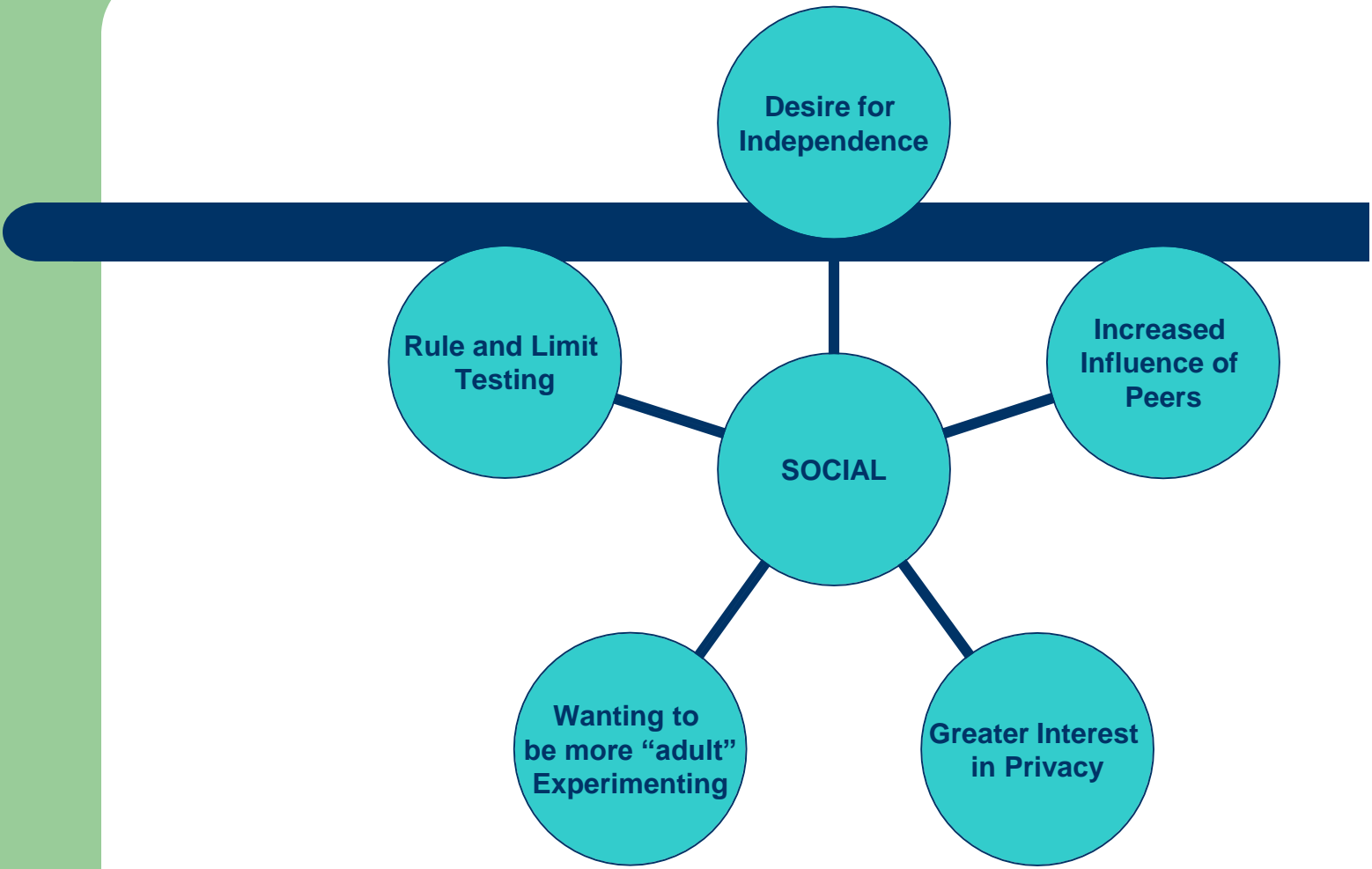
**Height and Weight
Muscle mass
Other body changes**

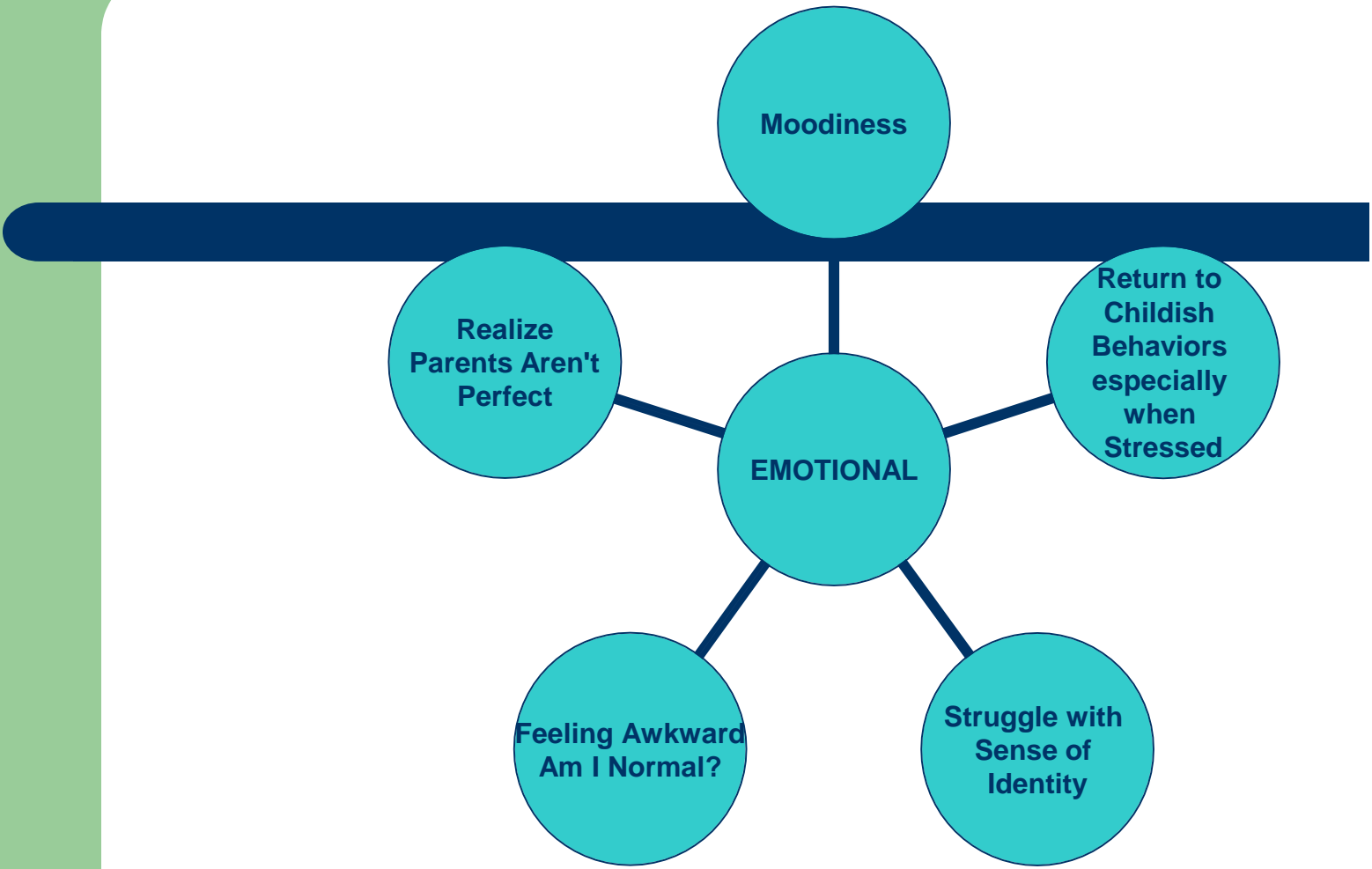
BIOLOGICAL

**Corpus Callosum
Wiring (nerves).
Substantial growth**

**Brain Structure and Organization.
Pre-frontal cortex
growth spurt**







Theorists

- Piaget's Theory of Cognitive Development
- Erikson's 8 Stages of Psychosocial Development
- Kohlberg's Levels of Moral Development

Erikson-Latency #4 (pre-adolescent)

- 6-12 years
- Conflict=Industry vs. Inferiority
- Important event=school/learning environment
- The child must deal with demands to learn new skills or risk a sense of inferiority, failure and incompetence.

Erikson- #5 Adolescence

- 12-18 years
- Conflict=Identity vs Role Confusion
- Important Event=Peer Relationships
- The teenager must achieve a sense of identity in occupation, sex roles, politics, and religion.

Behaviors

- *Not listening to Parents
- *Back talk
- *Refusing to obey when asked to do something
- *Swearing
- *Secrets and Lies
- Rule breaking/limit testing
- Arguing
- Moodiness
- Anxiety
- Depression
- Withdrawal

Parent and Child Relationship

- Support them through this tough time
- Listen, Listen, Listen (Even if they are so Wrong!)
- Set limits on their behavior-don't give their behavior power.
- Remember that when a butterfly leaves his cocoon he has to scratch, claw, bite
- As they get older, you don't have much control really, and you realize that you imposed external control over them. BUT your indirect control is proportional to the strength of your relationship.
- When you stop controlling, you gain control
- Destructive habits: Criticizing, blaming, complaining, nagging, threatening, punishing, rewarding for control (if you do this for me, I will do that for you).
- Connecting Habits: Caring, Trusting, Listening, Supporting, Negotiating, Befriending, Encouraging
- Need for Love, Belonging and Acceptance Remains through out all stages of life! (Maslow, etc)

Strategies: Things to Remember When Figuring out How to Handle “Tricky” Behaviors

- Do not take them personally!!!!
- Leave your ego and pride out of it (It is NOT about you)
- Remember, you haven't failed, these stages are normal and necessary for growth and development into a healthy capable and independent adult!
- Their behavior represents their confusion and resentment of the power you have over them.
- So guess what?? The more you dig your heels in and display your “power” the more they will resent you and push away.
- Remember: They are forming their own self. They will disagree with you, think and feel differently than you, will want to do things differently, make different decisions on how they want to spend their time, etc
- Patience and Grace, Patience and Grace, Patience and Grace!!!

Suggestions

- Up to each parenting team (every family is different)
- Make sure your child knows they are valued (actions speak louder than words)
- Invest in your child (come into their world) early on!
- Spend time with them!
- Accept them when they are moody- they have to accept you when you are
- Wait until the conflict is over to talk. That includes correction, consequences, etc
- Work hard every day of your life to strengthen the family bond
- Eat family dinners together

STRESS

- Understand it
- Recognize it
- Prevention
- What can happen if it is not addressed
- Strategies:
 1. Early Intervention
 2. Teach stress management skills for life (mindful meditation, etc)
 3. Counseling
 4. Healthy eating and exercise, adequate sleep

Resources

www.sandymcdaniel.com (Positive Parenting: Tots to Teens)

www.empoweringparents.com (Child Behavior Help from James Lehman, MSW, Janet Lehman, MSW))

www.spiralwisdom.com (Judy Lipson, M,A)

Parenting: The Most Important Job of your Life by The Josephson Institute of Ethics (Character Counts)

Don't Feed the Dragon By Sandy McDaniel

Fun and Educational Places to Go With Kids and Adults by Susan Peterson

For Parents and Teenagers Dissolving the Barrier Between you and you Teen by William Glasser, MD

Yes, Your Teen is Crazy by Michael J. Bradley,Ed.D

Raise The Child You've Got, Not the One You Want by Nancy Rose