

**Health and Wellness:  
Parenting High Schoolers**

By Laura Jimenez, M.S.W. • [www.tpsw.org](http://www.tpsw.org) – [laura.jimenez@akerman.com](mailto:laura.jimenez@akerman.com)

Ah — parenting – it’s that difficult task of not being overbearing while being there when they need you, knowing when to step in and when to be quiet and encouraging without stressing out your child. Although there aren’t any instruction manuals, here are some of the many wonderful resources available online:

1. **National Education Association:** Packed full of valuable suggestions in two pages, here’s the link to NEA’s “A Parent’s Guide to Helping Your Teen Get the Most Out of High School”: [http://www.nea.org/assets/docs/HE/44013\\_NEA\\_W\\_L11.pdf](http://www.nea.org/assets/docs/HE/44013_NEA_W_L11.pdf)
2. **Parent Further:** For those who enjoy reading strategies for good parenting, learning from tidbits packed into their free e-Newsletter and scanning a website for other helpful advice for topics such as discipline and values, high risk behaviors and time together, Parent Further offers supportive wide-ranging guidance: [parentfurther.com](http://parentfurther.com).
3. **Parenting On Purpose:** From their free podcasts on dealing with anger issues to guiding our children in their relationships and so much more, Parenting on Purpose offers extensive helpful advice: [parentingonpurpose.org](http://parentingonpurpose.org).
4. **Today’s Parent:** [TodaysParent.com](http://TodaysParent.com) offers weekend meals recipes, suggestions for discouraging unsafe behaviors such as texting while driving and so much more. For example, “10 things your teen needs to know” before they leave home offers realistic:guidelines: [todaysparent.com/kids/tween-and-teen/10-things-your-teen-needs-to-know](http://todaysparent.com/kids/tween-and-teen/10-things-your-teen-needs-to-know).

Remembering that all parents were once teens themselves helps parents to recall that, generally speaking, teens are wired to make dumb mistakes. From a biological standpoint, it’s because the pre-frontal cortex of their brain hasn’t developed enough to help them make good decisions. This is the time in their lives when they are testing, failing and, hopefully ultimately, succeeding. Setting a good example and not being hypocritical goes a long way to gaining their respect.

As a quick reminder, while there is no perfect child or parent and all children and parents make mistakes, the rewards of great parenting are enormous in the long run.

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