



6 Keys to Study Success

HOW TO SURVIVE THE SUMMER HOLIDAYS

with teenagers in your house



A LIGHTEARTED SURVIVAL GUIDE
FOR PARENT'S WITH TEENAGERS
FROM THE TEENAGE SUCCESS COACH
- SARAH BRAZENOR

INTRODUCTION



I love teenagers and yes, people think I am a bit mad for saying this. However, I think teenagers can be great fun to be around. Not only do I work with teenagers, but I have two of my own and I know first-hand how frustrating they can be to live with.

The key to loving teenagers is understanding what makes them tick and using this knowledge like a secret weapon to get them onside.

I have spoken to many parents and with their help I have come up with the top 5 things that frustrate parents. This guide will hopefully give you some ideas to try if harmony has left your house.



THE KEY TO SUCCESS

In everything I do, understanding how a teenager's brain works is really helpful.

Things like are they:

- An introvert or an extrovert
- Are they an active person or a deep thinker?
- Do they like to plan things or be more spontaneous?

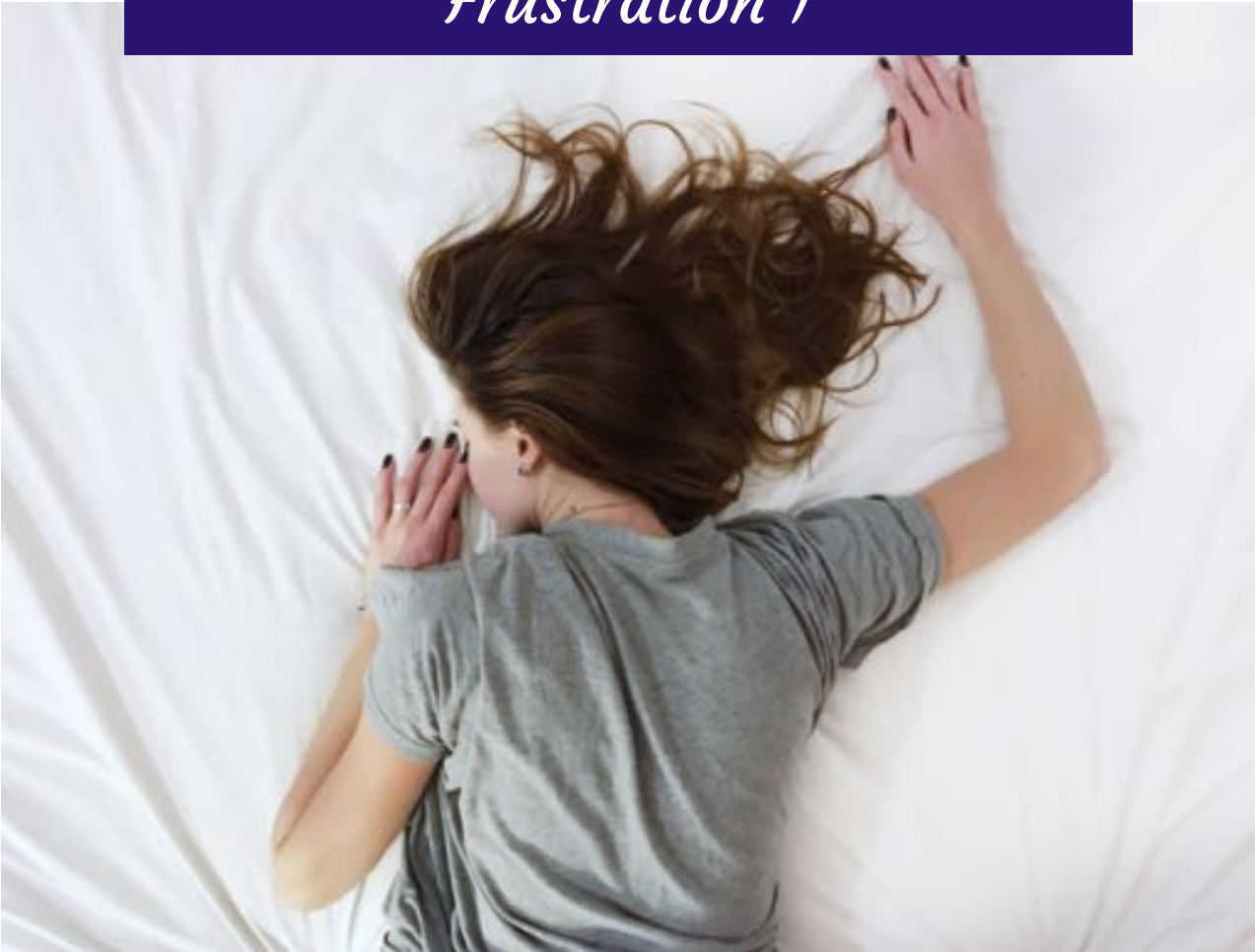
The key thing to remember is that we can all do any of these things, but we will have preferences, like being right or left handed.

I find the biggest conflicts, not just with teenagers, but people in general is not understanding their behaviour.

Especially if it is different to ours. Most clashes come from miscommunication or misunderstanding. So, as you go through the guide please keep this in mind.

My aim is to hopefully inspire some lightbulb moments which will result in a stress free and happy summer.

Frustration 1



THE SLEEPING TEENAGER

Teenagers love to sleep, that is a fact. Do you remember when they were babies and how much they slept each day? The teenage brain is growing at the fastest rate other than being a newborn baby and hence they need sleep. Teenage brains are busy laying down new neural pathways and strengthening existing ones. This is tiring work and sleep is needed to recharge their batteries.

But do they need to sleep until midday and beyond? Yes, they do, some of the time.

It's well documented that most teenagers are wired to stay up late and get up late. That is not possible when they are at school as they have to be in early. Their brain's might not be ready for learning until after 11am but they must be physically present.

Experience has shown me that leaving my teenagers to sleep means they wake up in a far better mood and are pleasant to be around.

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Frustration 2



THE MESSY TEENAGER

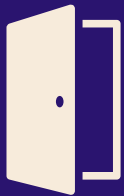
Why oh why can't I see the carpet on my son's bedroom floor? I thought it was because he was a boy but parents with daughter's complain of the same thing. Again, it's really easy to blame ourselves for their mess. How many times have you asked yourself, "where did I go wrong?"

Actually, how tidy someone is partly down to their personality and what makes them tick. If you took the top off my eldest son's head, it would look like a series of tornadoes flying around. He doesn't think in an orderly fashion and see absolutely no need for his room to follow my order.

For me, his messy bedroom is the hardest thing for me to live with. I'm not super tidy but I do like order, so his messiness annoys me because I don't understand it.

If I stop and think about it, it's me that gets wound up by the state of his room and not him so who is wasting their energy on this one?

*If you get wound up with their mess,
give these tips a try:*



Shut their bedroom door and do not venture in.



Their mess is only allowed in their room, the rest of the house is under your rules.



Ask them what tidy means to them. You may be surprised what they say.



Perhaps agree to a tidy up day towards the end of the summer holidays, if you can wait that long.

Let me know if these help you at all.

Frustration 3



THE LAZY TEENAGER

This one could link to the first two frustrations and could drive you mad. I would start by asking you what is your definition of lazy and what would you like them to do instead?

Personally, we have never really had this problem as our boys have always had jobs and household responsibilities from young ages. When they were younger, they always liked helping out and now it's just part of their life and refusal to do their jobs isn't an option. Don't get me wrong if they could get away without emptying the dishwasher or putting out the bins they would. However, the lifts to places, driving lessons or new clothes may not be so forthcoming.

If your teenager's are not pulling their weight at home give these tips a go:



Introduce a jobs list. Dishwasher, dog walking, bins. Whatever you'd like help with.



If you have more than one child, make sure they take it in turns.



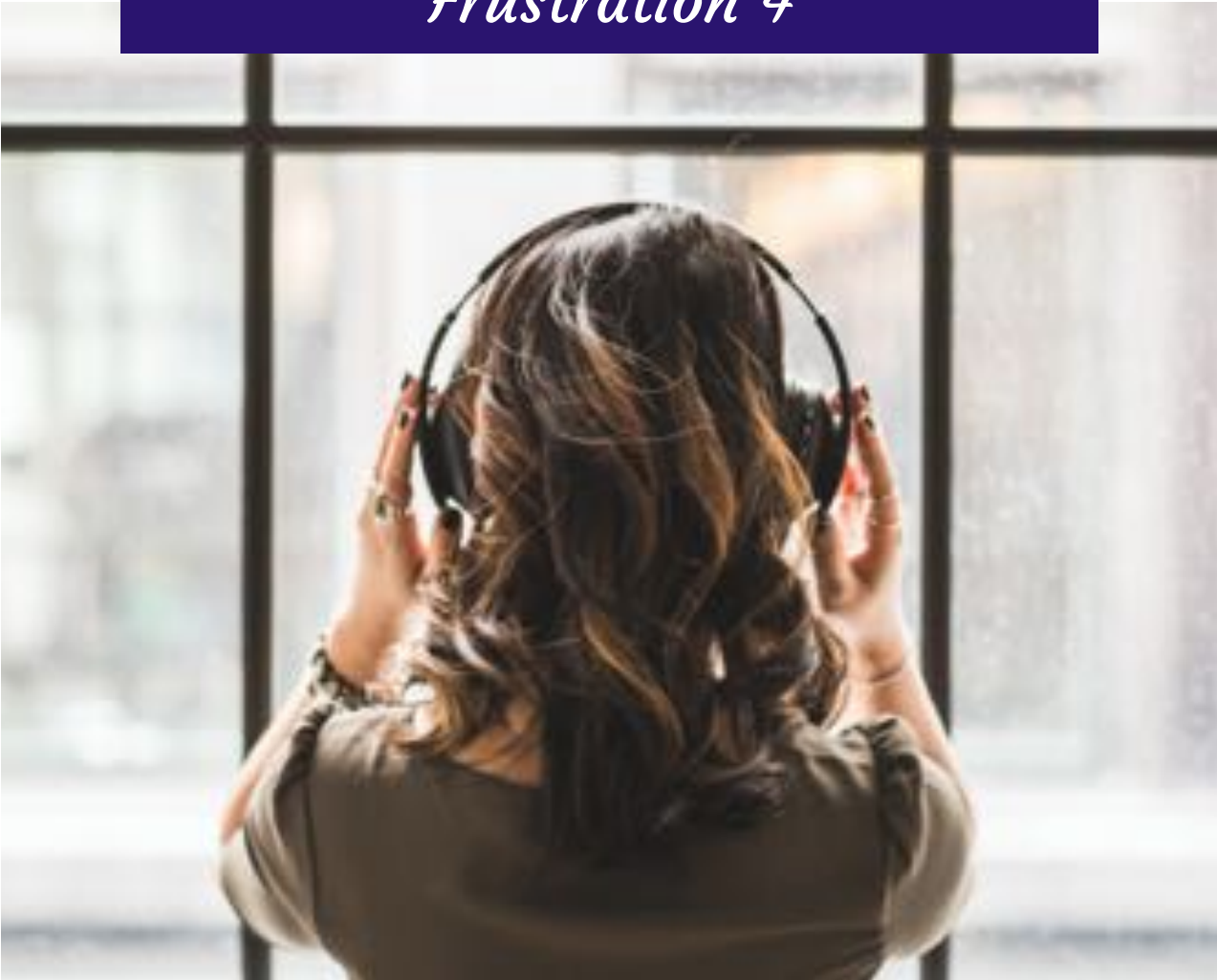
Do not give in and do it yourself. Be patient and they will do it.



Not helping out can have consequences and make them aware of them.

Let me know how you get on.

Frustration 4



THE UNSOCIAL TEENAGER

I couldn't not mention the unsocial teenager. By that I mean sociable with us, their parents. Teenagers are naturally drawn towards spending time with their friends and often don't want to spend time with us. Because we were never teenagers were we!

This summer holidays are going to be even more important as restrictions lift and our children can begin to spend time with their friends outside of school.

Depending on the age of your children will depend on how much freedom you allow them, but I know how upsetting it can be for parents when our children don't want to spend any time with us or don't want to talk to us.

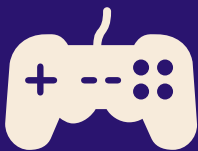
I think now is the perfect time to mention mobile phones, Xbox, social media and all things tech.

What teenager doesn't have their phone with them at all times and if they're not on the phone they could be gaming, watching YouTube or Netflix's. This makes them appear unsociable to us but these gadgets are part of their world.

Being ignored by our teenagers can be very hurtful but the following tips might help you:



Have at least one mealtime a week where you all sit down together and chat.



Show an interest in the games they are playing. They often will chat for hours about it if asked.



Organise some trips out together. Tricky one this one but worth considering.



View every car journey as an opportunity to talk.



Remember they do love and need you and this is just a phase.

Frustration 5



THE EMOTIONAL TEENAGER

Teenagers and emotions is a book on its own but I think we can all identify with the emotional teenager. Teenager's emotions can range from happy to angry in the flick of a switch. They can cry, scream and seem completely out of control at times.

I think it would be worth mentioning that there is a difference between girls and boys and the emotions they portray due to the different hormones they have floating around.

Boys can become more aggressive, angry, and confrontational due to the influx of Testosterone. Girls can become more anxious, nervous, and moody due to the female hormones Oestrogen and Progesterone.

Every teenager will be different, and our lovely little son or daughter can change into someone we don't recognise in their teenage years. I have two teenage boys and their emotions are hugely different but very reflective of their personalities.

If they appear to be different as teenagers their personality traits will still be in there and may help you understand their behaviour.

For example, my eldest son as a child was always a deep thinker and was very sensitive to other people's feelings. As a teenager he remains deep in thought but also gets involved in other people's dramas. He wants everyone to be happy and is learning not to be too accommodating.

My youngest son has always been what we call a firecracker who knows his own mind. Put those traits together with the teenage persona and there has been a few heated arguments particularly between him and his dad. Battle for power on that one.

Their emotional behaviour does not surprise me, because it reflects their personalities.

Try these following suggestions for your emotional teenager:



These emotions can come and go quickly therefore if you don't react then they may disappear quickly.



Even if they are over reacting show understanding. It may defuse the situation quicker.



Walk away and come back if the emotions are too high.



Be that listening ear and do not give your opinion unless asked for.



Remember subconsciously they know how to press your buttons or trigger a reaction. Be aware of this.

FINALLY

I hope you have found this guide useful and if nothing else helps you feel that you are not alone with your teenager.

Understanding the teenage brain is key for so many things and one I tap into when coaching the teenager's, I work with. There will be a couple more guides coming out this summer aimed at supporting you and your child at these school crossroads.

- Transitioning to Secondary School
- Preparing for A levels

If you want to find out more about how we can get your teenager ready for the upcoming academic year, then book a discovery session today.

[Click here to find out more.](#)

Thanks for reading and speak to you soon.

Have a great summer!

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