



IAP-ADOLESCENT HEALTH ACADEMY

Silver Jubilee Year 2025



FAQ ON PARENTEENING

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A. Basics of Parenteening

1. Dear Dr, what is Parenteening?

Parenting a teenager is a unique and sometimes challenging experience. During the teenage years, which typically range from 10 to 19, children go through significant physical, emotional, and social changes. They are seeking greater independence, developing their own identities, and navigating complex relationships and emotions. As a parent, your role shifts somewhat — you become more of a guide and support system rather than someone who makes all the decisions for them.

Key Aspects of Parenting a Teenager:

1. Building Independence

- Teenagers crave autonomy and want to make more decisions on their own. It's important to give them space to do so while still offering guidance and boundaries.
- Allow them to take on more responsibilities, like managing their own schedule or helping with family decisions. This helps them develop confidence and decision-making skills.

2. Open Communication

- Teens may start pulling away or becoming more private, but it's crucial to keep the lines of communication open. Listen without judgment, show empathy, and be patient.
- Stay curious about their thoughts, feelings, and interests, even if they don't seem open to sharing. Often, the best moments for conversation come when you're doing something together, like driving or making dinner.

3. Setting Boundaries

- While teens want more freedom, they still need structure and boundaries. Set clear rules and expectations around things like curfews, screen time, chores, and schoolwork.
- Consistent discipline helps teens feel secure, but also make sure to explain the reasons behind the rules, as this can foster mutual respect.

4. Encouraging Responsibility



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- Encourage them to take responsibility for their actions, whether it's managing their schoolwork, handling personal finances (like an allowance), or taking care of their personal space.
- Allow them to experience the natural consequences of their actions in a safe environment. This helps them learn life lessons that will serve them as they grow older.

5. Supporting Emotional Development

- Teenagers experience intense emotions due to hormonal changes and the stresses of school, friendships, and identity. Be there to support them during tough times, whether they're feeling overwhelmed or excited about new experiences.
- Teach emotional intelligence by modelling healthy ways to handle stress, frustration, and disappointment. Help them recognize their feelings and how to manage them.

6. Respecting Their Privacy

- As your teen seeks more independence, respecting their privacy becomes essential. While it's important to stay involved in their lives, be mindful of giving them space to grow and explore their own identity.
- Acknowledge their need for privacy (like having their own room or phone) but continue to be present and check in regularly.

7. Navigating Peer Pressure

- Teenagers are highly influenced by their peers and social media. Stay involved in their social lives without being overbearing. Offer advice on handling peer pressure and making healthy choices, but let them make some mistakes and learn from them.
- Help them understand the importance of self-esteem and confidence, which can help them resist negative influences.

8. Encouraging Healthy Habits:



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- Promote a healthy lifestyle by encouraging regular exercise, balanced meals, and adequate sleep. Teens are at risk of poor mental and physical health, and positive habits can have a huge impact on their well-being.
- Be mindful of how social media and screens affect their mental health. Encourage a healthy balance of offline activities and limit screen time when possible.

9. Supporting Their Interests and Passions

- Teens are figuring out who they are and what interests them. Support their hobbies, whether they're into sports, art, music, gaming, or something else. This helps them build self-esteem and discover their talents.
- Be present at their activities (even if they seem indifferent about your presence), and show interest in their passions.

10. Preparing for the Future

- Help them navigate decisions about their future, whether it's choosing a college, career options, or preparing for life after high school.
- Encourage them to explore their interests and talents, and offer advice without pushing them too hard. Give them the tools and confidence to make informed decisions.

Some Common Challenges:

- **Struggles with authority:** Teenagers often challenge authority as they seek independence. Patience and calm discussions about rules and expectations can help.
- **Mood swings:** Hormonal changes lead to fluctuating moods. Be understanding, but also firm when it comes to respect and behaviour.
- **Risk-taking behaviours:** Teenagers may engage in riskier behaviours, such as experimenting with alcohol, drugs, or unsafe activities. Open dialogue about these topics and clear expectations are crucial.



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Final Thoughts:

Parenting a teen requires balancing guidance with allowing space for independence. It can be difficult at times, especially when they push boundaries, but with patience, open communication, and consistent support, you can help your teen navigate these years successfully. It's a time for growth, both for them and for you as a parent!

2. Do we need classes for Parenteening?

Being a parent can be tough when your child is an adolescent. It would be good to know more scientific facts about their physical mental and psychosocial development. Also how to communicate with adolescents. It will also help any parent to understand the new age technology and its effects on adolescents and take suitable preventative measures. Yes module prepared by authentic academic body like IAP -AHA, world acclaimed body which has experts globally can formally educate the parents ,teachers & other stakeholder in adolescent care.

3. Why Parenteening differ from parenting ?

Parenteening is the experience of being the parent to a teenager .It can be challenging to balance the need for independence with managing your own emotions . Communicating with teens may be difficult when parents need to balance independence. Parents need to be well armored with Life skills & emotional intelligence which doesn't depend upon their societal status. Parenteening is more of a dialogue as its compared to the monologue of early childhood development .

B. General growth/ puberty and related physical problems

1. What are the signs of puberty in boys/girls?

Puberty is a time of significant physical, emotional, and hormonal changes that marks the transition from childhood to adulthood. It typically starts between ages 8 and 13 for girls and 9 and 14 for boys, but it can vary widely from one individual to another.

Here's a breakdown of the **common signs of puberty** in both boys and girls:



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Signs of Puberty in Girls:

1. Breast Development:

- One of the first signs of puberty in girls is the development of breast buds. This usually starts with small, firm lumps under the nipple.
- Over time, the breasts will grow and may become tender or sore as they develop.

2. Growth Spurts:

- Girls typically experience a rapid increase in height around ages 10-12, though the exact timing can vary. This growth spurt may last for 2-3 years.
- It can be accompanied by changes in body shape as the hips widen and more body fat is distributed.

3. Pubic and Underarm Hair:

- Pubic hair begins to grow in a triangular shape, and underarm hair develops later.
- The hair may start out fine and light but will gradually become darker and coarser.

4. Menstruation (Period):

- Menstruation typically starts about 2-3 years after the onset of breast development. The first period is called **menarche**.
- Periods may be irregular at first but tend to become more regular over time.

5. Changes in Skin and Hair:

- Puberty increases oil production in the skin, leading to acne or pimples. This is especially common on the face, back, and chest.
- Hair texture may change, becoming oilier, thicker, or even curlier.

6. Changes in Body Shape:

- The body will develop a more feminine shape as fat is redistributed to the hips, thighs, and breasts.
- Waistlines may begin to define more, and the body may become rounder in appearance.

7. Mood Swings:



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- Hormonal changes during puberty can lead to emotional changes such as mood swings, irritability, or feelings of insecurity.
- Girls may also experience increased emotional sensitivity.

8. Increase in Sweat and Odor:

- As sweat glands become more active, girls may notice an increase in body odor and sweat, particularly in the underarms and feet.

Signs of Puberty in Boys:

1. Growth of Testicles and Scrotum:

- One of the first signs of puberty in boys is the growth of the testicles and scrotum, which become larger and may change in color (they may appear darker).
- The scrotum may begin to hang lower as well.

2. Pubic and Underarm Hair:

- Pubic hair typically begins to grow, often starting near the base of the penis.
- Hair in the armpits and on the face (mustache and beard) will grow later in puberty, sometimes around ages 15-16.

3. Penis Enlargement:

- Over the course of puberty, the penis will increase in size, usually after the testicles have started growing.
- Growth may be gradual and can continue into the later stages of puberty.

4. Voice Changes:

- One of the most noticeable changes in boys is the deepening of the voice. This happens as the larynx (voice box) grows and the vocal cords thicken.
- The change can be gradual, and boys may experience a "cracking" or "breaking" voice before it fully settles.

5. Growth Spurts:



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- Boys experience a rapid growth spurt, usually between ages 12-16. They may grow taller and gain weight, and their shoulders and chest may widen.
 - Muscles begin to develop more, giving boys a more muscular build.
6. **Facial and Body Hair:**
- Boys will begin to grow facial hair (mustache, beard) and body hair (chest, back, arms, and legs) during puberty.
 - Hair in these areas often becomes thicker and coarser over time.
7. **Increase in Sweat and Odor:**
- Like girls, boys also experience an increase in sweat and body odor as the sweat glands become more active during puberty.
8. **Acne:**
- Increased production of oil from the skin's sebaceous glands can cause acne or pimples, often on the face, back, and shoulders.
 - The oil can clog pores, leading to breakouts.
9. **Mood Swings:**
- Boys can experience mood swings, irritability, and emotional ups and downs due to the hormonal changes of puberty.
 - They may feel more emotional or stressed during this period of rapid change.
10. **Increased Muscle Mass:**
- As testosterone levels rise, muscle mass increases. This leads to a more defined and muscular appearance in boys.

General Puberty Signs (For Both Genders):

- **Changes in Sleep Patterns:** Teens may sleep longer or feel more tired due to hormonal changes affecting their sleep cycles.
- **Increased Interest in Sexuality:** Puberty also brings about changes in sexual thoughts, desires, and exploration as sexual maturity begins to develop.



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- **Mood Changes:** Both boys and girls can experience more mood fluctuations and emotional responses due to hormone shifts.

When to Expect These Changes:

- **Girls** generally start puberty earlier than boys, typically beginning at ages 8-13. Their growth spurt tends to happen earlier, and menstruation usually begins around ages 12-13.

Boys tend to start puberty between ages 9-14, and they often experience their growth spurt a bit later than girls, typically between ages 13-15.

3. How can I help my adolescent manage acne?

Encourage gentle skin care routines, avoid picking/pimples, and consult a dermatologist if necessary

4. My 11 year old son is having breast tissue growth ,I' am worried ?

Breast tissue growth which is called gynecomastia in 11-year-old is often normal part of puberty caused by hormonal fluctuations, and usually resolve with in few years as the puberty progresses.

If it persists beyond puberty sets up then it's better to consult a doctor.

5. Does Height growth stops after menstruation starts?

In girl's major growth spurt happens just before menstruation starts, but she can still grow few inches after first period. This phase of life of adolescent is very important for overall growth which very much depends upon healthy nutrition in healthy social & emotional environment.

C. Communication

1. How can parents build trust with their adolescent?

Parents can build trust by being open and honest, listening actively, and respecting their adolescent's opinions and feelings.

2. How do I teach my teen about financial responsibility because they are used to overspending and indulging on shopping unnecessary things?



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- 1 Give some allowance and teach budgeting
- 2 Lead by example and good role model by indulging in responsible spending habits
- 3 Encourage them to save and set financial goals
4. Educate about compounding returns, thrifty lifestyles and ill effects of glamour & Glitz.

3. My child is not eating well (common question in age group between 10 -13)

It's common for kids between the ages of 10 and 13 to go through phases where they may not eat as well as they should. Several factors can contribute to this, such as changes in their body, social influences, or a shift in their taste preferences. Here are some things to consider and tips that might help:

1. Physical Changes & Growth Spurts

- Kids in this age range are growing quickly, and sometimes their appetites can fluctuate. They may not feel hungry at certain times or have more food cravings at others.

2. Social Influences

- Peer pressure, social media, or school can impact eating habits. They may be influenced by friends or trends, which can lead to disinterest in healthier food choices.

3. Emotional Factors

- Stress from school, activities, or personal changes can sometimes result in a loss of appetite or even overeating for comfort.

4. Autonomy

- As children grow older, they often want more control over their choices, including food. If they're being forced to eat certain foods, they might resist more.

Strategies to Encourage Better Eating Habits:

- Involve them in meal planning:** Let your child have some say in what meals are made. This can help make them more excited to eat.
- Make meals fun:** Try presenting food in creative ways (e.g., fun shapes, colourful plates).



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-Diversification of diet -offer a variety: Provide a range of foods and snacks so they can choose healthy options without feeling restricted.

-Model good eating habits: Show them how enjoyable and rewarding it is to eat healthy by doing so yourself.

-Set regular meal times: Encourage family meals as a routine. Sometimes kids are more likely to eat when the meal is structured and consistent.

- Limit processed snacks: Offer healthy alternatives like fruits, veggies, nuts, and whole grains.

- Inculcate the concept of GO, GROW & GLOW food in each meal.

- Check for any underlying health issues: If your child continues to refuse food or seems to have a loss of appetite over a prolonged period, it could be worth consulting a paediatrician to rule out any medical concerns.

4. My child is very much into junk food. He doesn't like to eat home cooked food at all. How to handle?

It cannot be stopped totally but yes, partly it can be done by making child friendly menu some times. Gradually, child can be convinced about the ill effects and importance of healthy diet ingrained, in appropriate words without making child embarrassed. The family diet should be an example of what is advocated.

To create hunger

- Advocate active exercise for 30-45minuts per day
- Give four-hour gaps in between major meals to ensure gastric emptying & strongly discourage snacking in between meals.

5. How can parents balance independence with supervision in an adolescent?

Balancing independence with supervision during adolescence is crucial for fostering self-reliance while ensuring safety and guidance. Here are some strategies to achieve this balance:



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1. **Establish Clear Boundaries:** Define and communicate rules and expectations transparently. Consistent boundaries provide a framework within which teens can exercise autonomy responsibly.
2. **Encourage Open Communication:** Maintain an environment where adolescents feel comfortable discussing their thoughts and experiences. Active listening without immediate judgment fosters trust and mutual respect.
3. **Promote Decision-Making Skills:** Involve teens in family decisions and encourage them to make choices in their own lives. This practice enhances their problem-solving abilities and confidence.
4. **Model Responsible Behaviour:** Demonstrate the behaviours and values you wish to instil. Adolescents often emulate parental actions, so exhibiting responsibility and integrity is influential.
5. **Adapt Supervision to Maturity Levels:** Tailor the degree of oversight to your teen's individual maturity and reliability. Gradually increasing freedom as they demonstrate responsibility encourages growth.
6. **Educate on Risk Management:** Discuss potential risks and safe practices openly. Equipping teens with knowledge empowers them to make informed decisions when unsupervised.
7. **Implement the 'Lighthouse Parenting' Approach:** Serve as a stable, guiding presence—offering support and setting boundaries while allowing adolescents to navigate experiences independently. This balance fosters resilience and self-assurance.
8. By integrating these strategies, parents can effectively balance granting independence with providing necessary supervision, supporting their adolescent's journey toward responsible adulthood.

6. How do I encourage open communication with my teenager?

Build on your relationship

1. Show an interest in what is important to your child to show you care.
2. Share things about yourself and find ways to make connections and identify shared interests.



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3. Ask your child about their opinions, views and perspectives so that you can understand their feelings.

Be an active listener

Active listening is important when interacting with your child. An active listener is engaged, caring, non-judgmental and empathetic, even when (and especially when) they don't agree with others' views. While some of your teen's beliefs or opinions may differ from your own, you need to respect and value their views. This will also help them to respect your views and opinions. Listening actively helps children to feel heard, understood, less alone and calmer. By contrast, if we don't listen properly, we risk making them feel as though we are brushing off their concerns and invalidating their feelings. This can leave them feeling defensive, frustrated, alone or hurt.

Show attentive body language. Maintaining eye contact, giving affirming nods, a look of concern or encouraging smiles are all small gestures that let them know you are paying attention. Use natural body language and cues that make your child feel that you are present, interested and really care.

Ask open-ended, clarifying questions to gain a deeper understanding of how your child feels. These questions have no right or wrong answer; they simply help you gain insights into what your teen thinks. For example, you could try any of the following questions: "Could you explain what you mean by...", "Why do you feel you got upset when...", or "How do you think you would have felt if..." Use whatever phrases come naturally to you and your teen to show empathy.

Mirror what your child is saying by restating and paraphrasing what they conveyed. For example, you could say, "What I hear you saying is that..." or "Am I correct in understanding that you feel..."

Give positive feedback and affirmation. Giving specific immediate praise can help build adolescents' confidence and self-esteem and encourage them to continue those same behaviors. For example, if your child shares that they have been feeling very stressed, you could respond by saying, "Thank you for being brave and sharing how you're feeling right now" or "It can be hard to tell someone when we are feeling stressed. I'm so glad you shared that with me."



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Validate what your teen is expressing. This can help teenagers accept their emotions and feel safe to express themselves. For example, you could say, “It’s understandable that you’re feeling angry right now, I would feel the same if it were me,” “Thanks for sharing that with me. It can be hard to share with others when we are feeling sad” or “Sorry to hear you’re feeling stressed. I would feel that way too if I were in your shoes. Let’s see together if there is anything we can do to help.”

Do not force the conversation if your teen is not able to describe what is going on for them. Sometimes it may not be easy for your teen to talk about what is worrying them, and you may not know what to say. It is fine to explain to your child that you are there for them, that you are ready to talk and listen any time.

Communication is not only about sharing difficulties or tough feelings. It is important to share funny things, what went well during the day and find opportunities to laugh together and be affectionate in whatever way is comfortable for your teen. Having fun together and laughing hard is a wonderful way to feel good and strengthen your relationship!

7. Should I limit my teenager’s phone use? How can I set healthy boundaries?

Yes, limiting a teenager's phone use can be beneficial for their well-being and academic performance, and setting healthy boundaries is crucial. Establish clear expectations, engage in open communication, and utilize parental controls or apps to monitor and restrict screen time.

1. Establish a Clear Set of Policies and Rules. Set an acceptable screen time limit according to your child's age. You can create a timetable that allows particular time for finishing homework, playing outside, attending classes, and other activities. Once done, ensure your child knows the rules and the repercussions for breaking them
2. Set an Example: children generally mimic their parents' actions. Hence, the trick here is to be a role model. You may provide your teenager with a good example by controlling your own screen time and giving priority to other activities that are productive.



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3. Set Screen-Free Zones in Your Home. For example, mobile phone distractions must be eliminated once the family gathers in the dining area for their meals. Moreover, you can also set all the bedrooms as a screen-free zone. This can help everyone have a good night's sleep.
4. Keep an Eye on the Screen Time. Several time-limit applications on the Play Store/App Store can send reminders on crossing the limit. Use these tools to ensure your child follows the set/regular boundaries.
5. Try to involve them in Fun Activities. Try arranging several activities, including reading, sports, arts and crafts, and outdoor games. This encourages well-rounded mental and physical growth while also helping reduce screen time.
6. Make Use of Technology Smartly. To improve the learning process, try selecting age-appropriate, high-quality content for your child. If you are concerned about your child's content consumption, you may also put a child lock on certain apps.
7. Inform them About the Risks Associated with Excessive Screen Use. For example, it will cause strain to the eyes, even worse, it can lead to bad posture and insomnia., plus, the impact of screen time on teenage brain. Considering this, help your kids realize the significance of balancing screen time with other activities to reduce the potential risks.
8. Teach Online Safety -Discuss cyber bullying, privacy, and responsible posting. -Remind them that once something is online, it's permanent. -Encourage them to talk to you if they ever feel uncomfortable online.
9. Encouraging In-person Communication: Teach your youngster to avoid using screens when spending time with friends and relatives. Building solid relationships and acquiring social skills require face-to-face interaction. You can plan family play dates, trips, or game nights to encourage these conversations.
10. Remain consistent: When it comes to screen time management, consistency is crucial. Remaining true to your restrictions and rules and resisting the urge to indulge in additional



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screen time is vital. Following the rules set consistently will leave an impression on your children that you are being disciplined. It will also teach your kids the value of boundaries and limits.

11. Make screen time a reward: Set aside specified times of the day to use screens rather than letting children use them whenever they want. This teaches your youngster that using a screen is a special activity and shouldn't be done regularly. Also, it is a great way to limit screen time for teenagers. Once your child finishes a chore or homework, you can reward them with screen time.
12. Avoid Too Many Discussions/Debates: You can expect to have unreasonable arguments and irrational justifications once you set boundaries on your children's screen time. Hence, avoid dealing in heated discussions with your children over the established rule and why it is set in the first place. Stick to your word. Once the rule is set, you must not stretch/discuss it.
Summing up, you can expect your children to fight against these new rules. In fact, they may act out or repeatedly request that the rule be changed. They may also start taking you on a guilt trip and compare you with other parents. However, you must not be affected by any of it. They will quickly become used to the new normal in a week or two. But still, during that period, you must keep following the rules consistently

8. How can I set boundaries and discipline my teenager without damaging our relationship?

Discipline is about guiding your child towards positive behavior.

A positive approach to discipline involves:

- Agreeing on and setting limits for behavior – for example, by using family rules
- Helping your child behave within those limits – for example, by using consequences, praise, encouragement and rewards.

A positive approach to discipline is most effective when you:

- communicate openly with your child – this allows you to involve your child in setting limits and rules, talk about how these are working, and guide your child towards good choices



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- build and maintain a warm and loving family environment – this helps your child feel safe as they start making their own choices about behavior.

Some tips for setting clear limits:

- **Involve your child** in working out limits and rules. When your child feels that you listen to them and they can contribute, they'll be more likely to see you as fair and stick to the agreed rules.
- **Be clear** about the limits. It can help to check that your child has understood. For example, you could say, 'We agreed you'd come home after the movie'. But it might be clearer to say, 'We agreed you'd come straight home after the movie ends and not go anywhere else'.
- **Discuss responsibilities** with your child. For example, 'I'm responsible for providing for you. You have responsibilities too, like tidying your room'.
- **Agree in advance with your child** on what the consequences will be if they don't stick to the rules, you've agreed on.
- **Use descriptive praise** when your child follows through on agreed limits. For example, 'Thanks for coming straight home from the movie'.
- **Be willing to discuss and adjust rules** as your child shows responsibility or gets older – for example, by extending your child's curfew.
- Using consequences as part of a positive approach to discipline: Sometimes your child might break the rules you've agreed on. One way to handle this is by using consequences.
 - a) **Make the consequence fit:** For example, if your child is home later than the agreed time, a fitting consequence might be having to come home early next time
 - b) **Withdraw cooperation:** This strategy aims to help your child understand your perspective and learn that they need to give and take. For example, if your child wants you to wash a special item of clothing, you could remind them that you wash only the clothes that are in the laundry basket, not the clothes on the floor.
 - c) **Withdraw privileges:** This consequence should be used sparingly. If you use it too much, it won't work as well. The idea is to remove something that you know your child enjoys – for



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example, visits to a friend's house, access to technology, or access to activities. You need to let your child know in advance that this is what you plan to do, so that they can weigh up whether losing the privilege is worth it.

9. My teen daughter doesn't share anything with me and whenever I ask something, she says, "you will not understand ". What do I do?

When your teenage daughter says "you won't understand" and avoids sharing details, it's likely a sign that she's trying to establish independence and navigate complex emotions, which is a normal part of adolescence. To encourage open communication, try these approaches:

- **Acknowledge her perspective:** Instead of dismissing her feelings, say things like, "It sounds like you're going through something really tough right now, and it might be hard to explain."
- **Express empathy:** Let her know you understand that teenagers often face challenges that adults might not fully grasp. "I remember feeling like that when I was your age, and sometimes it's hard to find the right words to describe how you feel."
- **Open-ended questions:** Ask questions that encourage her to elaborate, like "Can you tell me a little bit more about what's happening?" or "What's going on with you today?" Focus on active listening:
- **Be present:** Give her your full attention when she does share something, even if it seems small.
- **Avoid judgment:** Don't jump to conclusions or offer unsolicited advice. Just listen and try to understand her perspective.
- **Reflect back:** Paraphrase what she's saying to show you're actively listening and trying to grasp her emotions.

Set boundaries while respecting her privacy:



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- **Offer an open door:** Let her know that you're always available to talk if she needs to, but don't pressure her to share everything.
- **Respect her boundaries:** If she clearly says she doesn't want to talk about something, don't push it.
- **Discuss appropriate concerns:** If there are serious issues like potential safety concerns, gently express your worry and explain why you need to know certain details.

Consider professional help if needed:

- **Family therapy:** If communication issues persist despite your efforts, a family therapist can provide guidance and tools to improve your interactions.
- **Individual counseling:** If your daughter is struggling with personal issues, individual therapy might be beneficial.

Important points to remember:

- **Be patient:** Building trust takes time.
- **Don't take it personally:** Her withdrawal is not a reflection of her love for you, it's a normal part of teenage development.
- **Be positive and supportive:** Let her know you are proud of her and want to be there for her.

10. How can I deal with a rebellious teen?

Rebellion is a natural part of adolescent development, as teens seek to establish their own identity and independence.

To manage it:

- Set clear and consistent household rules & expectations. When teens understand the ground rules, they are more likely to meet expectations. This is about establishing **positive boundaries** for all.



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- Allow room for them to express themselves, even if you disagree. If a teen feels heard, they are more likely to open up. Though many rebellious teens are reticent and monosyllabic, the walls of silence can be overcome. Empathy is extremely helpful in building a bridge through the conflict
- **Pick your battles and have patience.** Parents need to think about what's really important to address and what they can let go. Nobody has an inexhaustible supply of patience, so remind yourself to be patient as you work through these tricky situations.
- Focus on respectful communication, not just rules.
- Offer choices within limits (e.g., "You can stay out until 9 PM, or 10 PM if you finish your chores"). • Understand that this phase is temporary and is part of their growing autonomy.
- **Be open to seeking professional help and support.** Many families are reluctant to admit their child is struggling. A full assessment by a mental health professional can help determine underlying causes.

11. How do I prevent my teen from making bad choices (e.g., substance use, risky behaviour)?

Prevention starts with a healthy relationship built on trust and open communication:

- Pay attention to transition years of your child- Be aware of their surroundings & social interactions
- Have honest, non-judgmental conversations about risky behaviours.
- Set clear expectations and consequences regarding behaviours like substance use or unsafe activities.
- Get involved in their activities at school, with friends & their free time, as peer influence is a strong factor.
- Encourage healthy outlets for stress, such as sports, hobbies, or volunteering.
- Teach them it's OK to say NO- Talk about the risks/dangers/consequences of alcohol and substance abuse.
- Lead by example—model responsible behaviour in your own life



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12. My daughter is in class 11th, she doesn't want to study, she wants to spend all her time with her friends, either talking on phone or going out with them. Her grades are falling and no amount of trying to put sense into her is helping. I'm so worried about her future and don't know what to do. Please help?

I can completely understand why you're feeling worried—it's tough when you see your child struggling, especially when it comes to their future and education. Teenagers, especially in the 11th grade, often feel caught between the pressures of school, social life, and their own growing sense of independence. Here's a breakdown of how you might approach this situation and support her through it:

1. Acknowledge Her Need for Social Connection

At this age, social connections with friends become extremely important. For many teens, friendships and socializing are the central focus, and it can sometimes feel like everything else takes a back seat. Rather than immediately confronting her about her schoolwork, try acknowledging how important her friends are to her and that you understand her desire to spend time with them. It's about finding balance and showing that you respect her social life too.

2. Have a Calm, Open Conversation

Instead of focusing on the negative outcomes (like falling grades), approach her with understanding. You could say something like, *"I know you enjoy spending time with your friends, and that's really important. But I'm concerned that your grades are falling, and I'm worried about your future. Can we talk about how you're feeling about school?"*

This approach opens the door for her to share her thoughts and feelings rather than feeling like she's being reprimanded. It's crucial to have these conversations without immediately pushing her to change. You want her to feel heard and understood.

3. Understand What's Behind the Avoidance



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Sometimes, teens avoid studying because they're overwhelmed, anxious, or not confident about their abilities. It might be helpful to explore if there's something about school, particular subjects, or even social pressures that's making her want to avoid study altogether. It could also be a sign of stress or a lack of motivation if she feels unsure of how her future will turn out.

4. Set Clear Expectations and Boundaries

is important for her future. You could try to create a schedule that balances study time with leisure, but without it feeling too rigid. For example, you might allow her to have social time. It's important to set clear boundaries about her responsibilities, especially when it comes to schoolwork. While it's important to respect her desire for social time, she also needs to understand that education after a set amount of focused study hours, so there's a clear link between effort and reward.

5. Help Her Find Motivation

In some cases, teens might need help finding intrinsic motivation. Try to help her see how school work connects to her long-term goals and dreams. For example, you could say, *"What are some things you want to do in the future? Let's explore how studying now can help you get there."*

If she can make the connection between what she's doing now and what she wants to achieve in the future, it may spark some motivation to take school more seriously.

6. Limit Unstructured Social Time

While her social life is very important, it's also important to establish limits on how much time she spends on her phone or with friends if it's impacting her schoolwork. This doesn't mean taking away her social life entirely, but it's about creating a balance where she feels like she can have fun while also meeting her responsibilities.

7. Offer Support for Stress or Mental Health

If her disinterest in studying is linked to stress, anxiety, or depression (which can often manifest as a lack of motivation), it might be helpful to speak with a professional.



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8. Be Consistent, but Flexible

Teens sometimes need reminders of the consequences of their choices, but it's also important to be flexible and understanding. If she's doing better in school or starting to make an effort, acknowledge that and celebrate small wins. If she's falling behind, rather than scolding, try to work together to come up with solutions.

9. Consider Academic Support

If she's feeling lost or overwhelmed with her studies, consider finding a tutor or extra help in subjects where she's struggling. Sometimes, just having someone explain things in a different way can spark a new interest in learning and make the subject feel more approachable.

10. Model Balanced Behavior

Teens often take cues from their parents. If you model a balanced approach to work, school, and personal life, she might start to mimic that. If she sees that you value both hard work and relaxation, it could help her understand that life isn't just about one or the other—it's about balance.

In Summary:

- Start by **listening** to her concerns and **respecting her social needs**.
- **Set clear boundaries and expectations** around study time while allowing her space for socializing.
- **Connect schoolwork to her future goals** to spark motivation.
- If the problem persists or seems to be related to stress, consider seeking **professional support**.
- **Use 3 Ls, Love, Limit and Latitude** in your parenting.

This is a challenging time for both of you, but by being patient, understanding, and supportive, you can help her find the balance she needs between her education and her social life.

11. How can I get my adolescent open to me. He seems so distant?

- **Give them space** but remain available when they're ready to talk.



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- **Start small** with casual interactions rather than intense conversations.
- **Listen more than you speak** and offer empathy, not judgment.
- **Respect their privacy** and avoid prying into their personal life.
- **Find common activities** that can serve as bonding moments.
- Be **consistent** in offering support and creating a safe space.
- Model openness and vulnerability yourself.

By being patient, consistent, and respectful of their space and privacy, you can gradually build trust and help your adolescent feel more comfortable opening up to you. Every teen is different, so it may take time to find the right approach.

12. My adolescent is struggling in school; how can I help him?

- **Have open, empathetic conversations** to understand what's causing the struggles.
- **Break down tasks into smaller steps** and set achievable goals.
- **Create a structured routine** for study time and breaks.
- **Teach effective study skills** like active learning, note-taking, and time management.
- **Limit distractions** during study time.
- **Encourage asking for help** from teachers, classmates, or tutors.
- **Support emotional well-being**—teens often struggle academically due to stress or mental health issues.
- **Praise effort** and encourage a growth mindset.

With your support and understanding, your teen can overcome these academic challenges.

13. How can I set boundaries with my child without damaging relationship?

- **Communicate the “why”** behind the boundary to foster understanding.
- Be **consistent** but flexible when appropriate.
- **Involve your child** in setting boundaries to create buy-in.
- Be **firm** but show **empathy** and respect for their feelings.
- Model respect for **your own boundaries** as well.



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- Be open to **negotiating** boundaries as your child matures.
- Use **positive reinforcement** to encourage good behavior.
- Set **fair consequences** when boundaries are broken.

By setting boundaries with respect, empathy, and understanding, you can help your child learn important life skills and also preserve and even strengthen your relationship.

14. My 14 years old daughter doesn't listen to me, comes late and keeps her room locked?

She is a teenager and it's normal to have that feeling of detachment and independence. You can't force yourself on her. Respect her boundaries and have attachment with detachment, meaning ask her daily when she comes from school how was the day? How are her studies going on? Be aware of her friends and that u love her and want her to be safe and remember no matter what's the age, all children need lots of hugs. Actions speak more than words.

15. My teen daughter wants to attend late night parties. How should I stop her?

Proper communication and any sort of mishap that may occur should be warned about proper communication is the key. There should be consensus in the family regarding the latest times at which everyone should return home and role models (Parents) should take care to follow the consensus family rule.

16. How can I encourage my teenager to take on responsibilities while I'm at work?

Empower your teenager by assigning age-appropriate tasks and responsibilities. Clearly communicate expectations and provide guidance as needed. Encourage them to develop problem-solving skills and independence. Use positive reinforcement to acknowledge their efforts and accomplishments. Create a sense of ownership by involving them in decision-making processes, such as planning family activities or managing their own schedules.



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D. Behavioral

1. My Adolescent frequently lies. How do we deal with the issue?

Parents should try to communicate more with teens without being judgmental (encourage open communication. There should be a dialogue. Teen should be listened to first. Example setting by near & dear one's help. By approaching the issue with empathy and consistency, you can encourage your teen to embrace honesty and build a more trusting relationship. Lying indicates a gap in communication with my child which could be bridged by sincere efforts by the parents in respecting the adolescent's opinions even if they are different.

2. How to handle mood swings and emotional outbursts ?

Stay calm and allow them to talk, give them space but make them feel that you are available to them for discussions, Teach them healthy coping mechanism but if it is disturbing daily activities , relationship consult a specialist

4. What should I do if my teen is being bullied or is bullying others?

Bullying—whether your teen is the victim or the perpetrator—can have serious emotional and psychological effects. Here's how you can handle both situations effectively.

If Your Teen Is Being Bullied:

1. Recognize the Signs Some teens may not openly talk about being bullied, so watch for: - Sudden withdrawal from friends or social activities. - Avoiding school or making excuses to stay home. - Changes in mood—sadness, anger, anxiety, or low self-esteem. - Unexplained bruises, damaged belongings, or missing items. - Trouble sleeping, nightmares, or changes in appetite. - A drop in academic performance.
2. Encourage Open Communication - Ask open-ended questions: "I've noticed you seem upset lately. Is something bothering you?" - Listen without overreacting—reassure them that you're on their side. - Avoid blaming them or telling them to "just ignore it"—bullying can be persistent and harmful.



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3. Take Action - Document incidents (dates, details, screenshots if online). - Report the bullying to the school, teacher, or counsellor. Schools have anti-bullying policies. - If cyberbullying is involved, block the bully and report the content on social media platforms. - Teach them confidence-building strategies like assertive body language and firm responses. - Help them find supportive friends or activities that boost their self-esteem.
4. Seek Professional Help If Needed If bullying is affecting your teen's mental health, self-esteem, or academic performance, consider consulting a counsellor or therapist for support.

If Your Teen Is Bullying Others

1. Recognize the Signs Teens who bully may: - Have a strong need for control or dominance. - Show aggression toward peers or siblings. - Dismiss or lack empathy for how others feel. - Blame others or refuse to take responsibility. - Be secretive about their online activities.
2. Address the Issue Calmly - Have a direct conversation: "I heard that you've been involved in some bullying. Can we talk about what's going on?" - Understand the reason behind their behaviour—are they acting out due to peer pressure, insecurity, or stress? - Make it clear that bullying is unacceptable but avoid shaming them.
3. Teach Empathy & Responsibility - Ask: "How would you feel if this happened to you?" - Encourage them to apologize and make amends where appropriate. - Set clear consequences for continued bullying behaviour.
4. Involve School & Professional Support If Needed - Work with the school to address the issue through counselling or discipline policies. - If bullying is a recurring issue, consider professional help to address underlying emotional or behavioural problems.

4. Why is my teenager so moody all the time?

Teenage moodiness is common and stems from a combination of biological, social, and psychological factors, including puberty's hormonal changes, brain development, and the pressures of adolescence.



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- **Hormonal Changes:** Puberty is filled with the release of new hormones like estrogen and testosterone that can heighten emotions like anger or sadness. The physical appearances of teens may also be changing, which can cause low self-esteem and make them extra irritable.
- **Brain Development:** The adolescent brain undergoes significant changes, particularly in areas responsible for emotional regulation and impulse control, making it harder for teens to process and control intense emotions.
- **Prefrontal Cortex Development:** The prefrontal cortex, responsible for executive functions like reasoning, planning, and impulse control, is still maturing during adolescence, which can lead to impulsivity and difficulty with emotional regulation.
- **Academic stress & family expectations:** Keeping up with grades, worried about jobs when they graduate, applying to colleges, and thinking about the success of their future can cause irritability in teens.
- **Peer pressure:** Teen years are a time when cultural, sexual and gender identity exploration is at its peak. This paired with trying to fit in with peers can make teens moody.
- **Social Media: pressure to fit in on social media or meet standards they see online can cause anxiety and mood swings.**

5. Why my teen seems to argue with me about everything?

It can be really frustrating when it feels like your teen is arguing with you about everything. This kind of behavior is actually quite common during adolescence, and it's often part of their natural development. Here are some reasons why your teen might seem to argue with you more often:

1. Developing Independence

As teens grow, they start to crave more independence and autonomy. Arguing with you can be a way for them to test boundaries and assert their own opinions and decisions. It's part of their process of separating from you and forming their own identity.

2. Brain Development



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During adolescence, the brain undergoes a lot of changes, especially in the prefrontal cortex, which is responsible for reasoning and impulse control. The emotional parts of the brain (like the amygdala) are also more active, making teens more emotional and reactive. This can lead to more frequent disagreements or impulsive reactions.

3. Seeking Control

Teens are trying to figure out how much control they can have over their lives. Arguments can be a way for them to gain some sense of control over situations, whether it's about rules, expectations, or decisions in their daily life.

4. Desire for Validation

Sometimes teens argue because they want to feel understood or validated. They may feel like their thoughts or feelings aren't being taken seriously, leading them to argue in order to make their point. It's often less about the specific issue and more about wanting to be heard and respected.

5. Emotional Turmoil

Adolescence can be an emotional rollercoaster due to hormonal changes, peer pressure, academic stress, and relationship dynamics. Teens might argue more because they're overwhelmed by these changes and don't always know how to express what they're feeling. The arguing could be an outlet for these emotions.

6. Testing Limits

Teens often push boundaries to see how much they can get away with, and this can lead to more frequent arguments. It's part of learning where the limits are, especially if they're figuring out what's appropriate behaviour in the family and society.

7. Peer Influence

Teens are heavily influenced by their friends and the outside world, which might cause them to adopt opinions or behaviours that conflict with your values or expectations. Arguing with you



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might be their way of aligning with what they believe is "cool" or socially acceptable, based on their peer group.

8. You're the Safe Target

Teens often feel safe expressing their frustration or stress with their parents, because they know that you love them no matter what. Unfortunately, this means that when they're upset, they might take it out on you more than anyone else. It's not always about you, but about their need to vent or test their limits in a secure environment.

How to Manage It:

- **Stay Calm and Patient:** Teens are learning how to navigate their emotions and the world around them. Try to stay calm when arguments arise and avoid escalating the situation. This gives them a model for how to handle disagreements maturely.
- **Listen Actively:** Sometimes, teens just need to feel heard. Try to listen to their concerns without immediately jumping in to correct them. This can open up a more productive conversation. DON'T ESCALATE arguments.
- **Set Clear Boundaries:** While teens need independence, they also need boundaries. Be consistent but also flexible where appropriate. Explain the reasoning behind rules and be open to discussions, but maintain firm limits when needed.
- **Pick Your Battles:** Some things are worth arguing over, but others might be small and not worth the energy. Focus on the bigger picture and let the smaller disagreements slide when possible.
- **Show Empathy:** Acknowledge that being a teenager is tough. Let them know you understand that they're dealing with a lot of changes, and offer support as they navigate this challenging time.

It's natural for teens to test boundaries and express their opinions more frequently. While it can feel like you're constantly in conflict, it's a normal part of their growth.

6. My adolescent is constantly arguing with me. How can I stop it?



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I understand how exhausting constant arguments with your adolescent can be—it's a challenging stage of development for both parents and teens. The good news is that there are strategies you can use to reduce the frequency of these arguments and foster a more constructive relationship. Here are some tips for dealing with your adolescent's constant arguing:

1. Stay Calm and Avoid Escalation

When your teen argues, it's easy to react with frustration or anger, but this usually leads to the argument escalating. Instead, try to stay calm and composed, even if it's hard. Your teen will see that you're not getting emotionally triggered, which can sometimes diffuse the situation. Take a deep breath before responding, and try to keep your tone neutral. For example, instead of saying, "Why do you always argue with me?" try something like, "I can see you're upset. Let's talk about it calmly."

2. Pick Your Battles

Not every issue needs to become an argument. Teens are going through a lot of changes, and sometimes, it's better to let small things go. Consider whether the argument is about something important or if it's something you can let slide. Sometimes, teens argue just for the sake of pushing boundaries, and it's not always worth engaging in every single debate. For example, if your teen wants to wear an outfit you don't love, and it's not a major issue, you might decide to let it go.

3. Listen Actively and Empathetically

Teens want to feel heard and understood, so actively listen to their point of view. When they argue, don't immediately jump into fixing the situation or telling them why they're wrong. Instead, show empathy and validate their feelings.

For example, you could say, *"I understand that you're upset because you feel like I'm not letting you do what you want. Can you help me understand more about why this is important to you?"*



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This approach can make them feel respected and may prevent the argument from escalating further.

4. Set Clear and Consistent Boundaries

Teens need structure and boundaries, and arguments often arise when they don't understand or respect them. Be consistent with your rules, but also explain the reasons behind them. If your teen understands *why* a rule exists (e.g., curfew for safety or limited screen time for focus), they may be less likely to argue about it.

For example, instead of saying, *"You're grounded,"* explain, *"I'm grounding you because I'm worried about the choices you're making when you stay out late, and I want you to stay safe."*

5. Use "I" Statements, not "You" Statements

When confronting your teen about their behaviors, avoid blaming or accusatory language like, *"You always argue with me!"* Instead, use "I" statements that focus on your own feelings and perspective. For example, *"I feel frustrated when we argue about this because I want to understand your perspective, but it's hard when the conversation becomes heated."* This shifts the tone of the conversation and can help prevent your teen from becoming defensive.

6. Give Them Space to Be Independent

Adolescents are striving for independence, and constant arguing can sometimes be a reflection of their desire for more autonomy. Allowing them some space to make their own choices and mistakes can help reduce the need for them to argue about everything. Instead of controlling every decision, let them take on some responsibility and make choices that will have natural consequences.

For example, let them choose their own study schedule or decide how to spend their free time. You can still provide guidance, but giving them more independence can decrease arguments about control.

7. Establish a Problem-Solving Approach



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Instead of arguing about the issue, work together to solve it. Ask your teen how they would like to approach a particular problem, and then collaborate to come up with a solution that works for both of you. Involving them in the decision-making process empowers them and makes them less likely to argue just for the sake of arguing.

For example, if they're refusing to do their homework, ask them, *"What do you think would help you focus more when it comes time to do your assignments?"*

8. Take Time for Positive Interaction

If all your interactions are centered around disagreements, it can create a negative dynamic. Make time for positive, non-stressful moments where you're simply connecting with your teen. Share a joke, watch a show together, or engage in a hobby they enjoy. Positive interactions help build rapport and trust, making it easier to approach tough conversations without the expectation of an argument.

9. Respect Their Growing Need for Privacy

Teens are becoming more self-aware and seeking privacy. If they feel like you're invading their personal space or constantly prying into their life, they might argue more. Respecting their need for privacy while maintaining open communication will make them feel more secure and less likely to argue out of frustration.

7. I feel overwhelmed & frustrated with my adolescent behaviour. How can I take care of myself?

- **Acknowledge and accept your feelings** of frustration and overwhelm.
- **Set personal boundaries** to protect your well-being.
- Prioritize **self-care** activities like exercise, hobbies, and relaxation.
- **Talk to your support system** and consider professional help if needed.
- Practice **mindfulness** and **patience** to manage your responses.
- **Reframe your perspective** to understand your teen's behaviour as part of their development.
- **Celebrate small wins** and avoid guilt for taking time for yourself.
- **Practice self-care**



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- **Don't forget to laugh-practice stress reducing techniques**

Taking care of yourself isn't just important for your own health—it also enables you to be a more present, compassionate, and effective parent.

8. 10 years with previous control over micturition now has nocturnal enuresis, what to do?

Nocturnal enuresis, or bedwetting, in a child who has previously had control over micturition (urination) for several years can be concerning and frustrating for both the child and the parents. It's common for a child to experience bedwetting at different stages of development, but it can be particularly stressful if it happens after a period of dryness.

Here's what you can do to address the situation:

1. Assess Possible Causes

First, it's important to rule out any underlying physical or psychological causes. Some potential causes for nocturnal enuresis after a period of dryness include:

- **Stress or anxiety:** Major life changes like starting school, moving to a new home, or family stress (divorce, death, etc.) can affect a child emotionally and lead to bedwetting.
- **Increased fluid intake before bedtime:** Drinking large amounts of liquids, especially caffeinated or sugary drinks, before bed can contribute to bedwetting.
- **Sleep disorders:** Sometimes children may sleep so deeply that they don't wake up when they need to urinate.
- **Constipation:** Pressure from a full bowel can interfere with bladder control, leading to bedwetting.
- **Urinary tract infections (UTIs) or other medical conditions:** If bedwetting comes on suddenly and is associated with pain, discomfort, or changes in urination, a UTI or other medical conditions (like diabetes or diabetes insipidus) could be contributing.
- **Delayed maturation of the bladder:** Some children may have a bladder that matures slower than others, leading to occasional bedwetting.

2. Rule Out Medical Conditions



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Since the child had previously been dry at night, it's important to rule out any medical causes of the recent bedwetting. If the issue persists for more than a few weeks, it would be a good idea to take your child to the paediatrician for a full evaluation. They might check for:

- Urinary tract infections
- Diabetes (especially if your child is drinking more than usual or seems excessively tired)
- Sleep apnea
- Bladder dysfunction

3. Behavior Modifications and Techniques

If no underlying medical condition is found, there are several strategies that can help manage nocturnal enuresis:

- **Limit fluids before bedtime:** Try to cut back on drinks in the evening, especially caffeine, sodas, or anything that could irritate the bladder.
- **Establish a bedtime routine:** Make sure your child goes to the bathroom right before going to bed. This can help ensure their bladder is empty before they sleep.
- **Use a nightlight in the bathroom:** Some children may avoid using the bathroom at night due to fear of the dark. A soft nightlight can help.
- **Encourage regular bathroom visits during the day:** Ensure your child is using the toilet regularly throughout the day to empty their bladder completely.
- **Positive reinforcement:** If your child stays dry for several nights in a row, reward them with praise or a small incentive. Positive reinforcement can help motivate them.
- **Avoid punishing or shaming your child:** Bedwetting is usually out of the child's control, and negative emotions can exacerbate the situation. Be supportive and patient.

4. Bedwetting Alarms

A bedwetting alarm is a device that can help train your child to wake up when their bladder is full. These alarms detect moisture and can sound an alert, helping the child wake up and go to the bathroom. Over time, the child may start waking up on their own when they need to urinate.



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- **How it works:** The child wears a moisture-sensing device (usually in the form of a pad or a small clip on the underwear) that triggers an alarm when it detects moisture. The alarm encourages the child to wake up and use the bathroom.
- **Effectiveness:** Bedwetting alarms can be very effective, but they require patience and consistency. It can take weeks or even months of use before the child consistently stays dry through the night.

5. Monitor and Adjust Sleep Patterns

- **Bedtime consistency:** Try to maintain a consistent bedtime and ensure the child gets enough rest. Inconsistent sleep patterns can sometimes contribute to bedwetting.
- **Waking the child to urinate at night:** Some parents choose to wake their child once or twice during the night to use the bathroom, especially if the child is a very heavy sleeper.

6. Support and Reassurance

- **Reassure your child:** Bedwetting can be emotionally distressing for a child, especially if they were previously dry at night. It's important to reassure them that it's not their fault and that it's a phase that many children go through.
- **Provide comfort and patience:** Make sure your child feels supported and not ashamed of the situation. Keep a calm and positive attitude when discussing the issue.

When to See a Doctor:

If your child's bedwetting is persistent or suddenly starts after a period of dryness, or if it's accompanied by other symptoms like pain while urinating, blood in the urine, excessive thirst, or fatigue, it's important to consult a pediatrician. They can rule out any medical conditions, like a urinary tract infection, diabetes, or other underlying health concerns.

In Summary:

Nocturnal enuresis in a child who had previously been dry at night can be a frustrating experience, but it's important to stay calm and address it systematically. Make sure to rule out medical causes, create a supportive and positive environment, and try strategies like limiting evening fluids, using



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bedwetting alarms, and encouraging regular bathroom use. Most importantly, reassure your child that bedwetting is common and they will grow out of it with time.

In this case to watch for any change in environment- whether sibling born or school issues and not to say anything but totally ignore and give more attention, to give star in morning of no susu but not to say anything if s/he does that.

9. Laziness and not helping in house work, not keeping his/her things at proper place?

Teaching discipline, encourage them to participate in household decision making, reward and appreciation of work, avoid criticism and comparison,

E. Body image issues

1. My adolescent concerned with body image issues, what shall I do?

Supporting your adolescent through body image concerns is crucial for their mental and emotional well-being. Here are some strategies to assist them:

1. **Foster Open Communication:** Create a safe environment where your teen feels comfortable discussing their feelings about their body. Active listening without judgment encourages openness.
2. **Promote Media Literacy:** Help your adolescent critically evaluate media portrayals of beauty. Discuss how images are often digitally altered and emphasize that these standards are unrealistic.
3. **Encourage Healthy Lifestyle Choices:** Focus on overall health rather than appearance. Encourage balanced nutrition, regular physical activity, and adequate rest to promote well-being.
4. **Model Positive Behaviour:** Demonstrate self-acceptance and avoid negative comments about your own or others' bodies. Your behaviour sets a powerful example.



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5. **Limit Exposure to Negative Influences:** Monitor and set boundaries around social media use, as it can perpetuate harmful beauty standards. Encourage following accounts that promote body positivity.

6. **Highlight Individual Strengths:** Encourage your teen to engage in activities that build confidence and showcase their talents, shifting focus from appearance to abilities.

Seek Professional Support if Necessary: If body image issues persist or lead to disordered eating or depression, consult a mental health professional specializing in adolescent care.

2. My daughter is overweight but she gets offended when told though she doesn't do anything to reduce her weight. How to handle?

I am as concerned as you are about your body image.

Can we do something together including following similar diet and exercise routines.

Body shaming by parents or anyone is not liked by teens at all. She should be tactfully told about healthy life style and balanced diet. If she is not receptive to parents, help of adolescent expert can be taken.

3. My son has a pimple on his face. He is all the time picking it and spending more time looking at himself in the mirror. What should I do?

Pimple or Acne come due to hormonal changes during adolescence. Frequent washing of face , hydration and healthy diet will solve the problem usually. But if it bothers him or if there are more pimples, he must take the advice of your pediatrician. The Dr will give a cream to be applied which can treat it. Sometimes it can be distressing for the adolescent and cause body image issues. He needs reassurance and that he needs to follow the advice of the Dr



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F. Mental health

1. How should I help to my child to cope us with examination stress?

Avoid unrealistic expectations and comparisons, avoid too much pressurizing to get unrealistic goals, encourage hobbies, relaxation, outings, teach time management, supervise screen time, assist in planning & organizing activities, teach relaxation techniques etc.

2. How can I differentiate between normal mood swings and early signs of depression in my teen?

Common for teenagers to have mood swings are due to hormonal changes, academic stress, and social pressures.

However, persistent and extreme changes in mood and behaviour for more than **two weeks** could be signs of depression.

Here's how you can differentiate:

1. Duration & Consistency • Normal Mood Swings: Temporary, lasting a few hours to a couple of days, often linked to specific events (e.g., exams, friendships, conflicts). • Depression: Lasts two weeks or more, with persistent sadness, hopelessness, or irritability, regardless of external circumstances.
2. Triggers & Recovery • Normal Mood Swings: Mood improves after sleep, relaxation, or engaging in favorite activities. • Depression: Little or no improvement, even after doing things they once enjoyed.
3. Emotional & Behavioral Signs • Normal Mood Swings: Occasional frustration, sensitivity, or withdrawal, but they still maintain friendships and daily routines. • Depression: - Persistent sadness, irritability, or anger (not just occasional). - Loss of interest in activities they used to enjoy. - Social withdrawal, avoiding friends and family. - Unexplained physical complaints (headaches, stomach aches) with no medical cause. - Changes in appetite (eating too much or too little). - Sleep disturbances (too much or too little sleep). - Low energy, difficulty concentrating, or drop in academic performance. - Feelings of worthlessness, guilt, or



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hopelessness. - Talks about death, self-harm, or suicide (urgent concern—seek professional help immediately).

4. When to Seek Help?

If your teen shows several of these signs for more than two weeks and it affects their daily life, consider consulting a pediatrician, adolescent mental health specialist, or therapist.

3. How do I help my teenager manage anxiety ?

1. Foster open communication,
2. Encourage healthy habits like exercise and sleep,
3. Avoid excess caffeine which can increase feelings of anxiety and agitation.
4. Avoid illegal drugs, alcohol, and tobacco.
5. Teach the adolescent relaxation exercises (abdominal breathing and muscle relaxation techniques).
6. Help them to develop assertiveness training skills. For example, state feelings in polite, firm, and not overly aggressive or passive ways: ("I feel angry when you yell at me." "Please stop yelling.")
7. Help them practice situations which cause stress. One example is taking a speech class if talking in front of a class makes you anxious.
8. Teach practical coping skills. For example, break a large task into smaller, more attainable tasks.

Gently ask them to refrain from negative self-talk: challenge negative thoughts - with alternative, neutral, or positive thoughts. "My life will never get better" can be transformed into "I may feel hopeless now, but my life will probably get better if I work at it and get some help." Let the adolescent learn to feel good about doing a competent or "good enough" job rather than demanding perfection from yourself and others.

Allow them to take a break from stressful situations. Activities like listening to music, talking to a friend, drawing, writing, or spending time with a pet can reduce stress.

Help build a network of friends who help you cope in a positive way.

Seek professional support when needed.



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4. My 15-year-old son has recently become very aggressive. He loses his temper even at the smallest issue and when I ask him to behave himself, he becomes even angrier and stops talking to me. What to do?

If your 15-year-old son is exhibiting sudden and significant aggression, losing his temper easily, and refusing to communicate when asked to behave, it's crucial to seek professional help from a therapist or counselor specializing in adolescent behavior as soon as possible. This behavior could be a sign of underlying emotional issues, stress, or even a mental health condition that needs to be addressed.

Potential causes of sudden aggressive behavior in teenagers:

- Stress and pressure: Academic stress, peer pressure, family conflicts, or major life changes can contribute to anger issues.
- Mental health concerns: Depression, anxiety, ADHD, or other mental health conditions can manifest as aggression.
- Substance abuse: Drug or alcohol use can exacerbate anger issues.
- Trauma or abuse: Past experiences of trauma can lead to difficulty regulating emotions.

Here are a few immediate steps you can take while seeking professional support:

- Stay calm and avoid confrontation: When your son is angry, try to remain calm and avoid arguing back. Let him know you understand he's upset, but his behavior is unacceptable.
- Set clear boundaries and consequences: Establish clear rules regarding acceptable behavior and consistent consequences for outbursts, such as losing privileges or time-outs.
- Open communication: When your son is calm, try to have open conversations about what might be triggering his anger. Listen actively and validate his feelings without condoning his actions.
- Encourage healthy coping mechanisms: Teach your son healthy ways to manage anger, such as deep breathing exercises, physical activity, journaling, or talking to a trusted friend or family member.



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- Seek support from school: Reach out to your son's school counselor or principal to discuss the situation and see if there are any additional support systems available at school.
- Consider family therapy: Family therapy can be beneficial to address communication issues and help everyone learn healthier ways to interact with each other.

Important points to remember:

- Do not ignore the problem: Addressing this issue promptly is crucial to prevent it from escalating.
- Be patient and supportive: Understand that your son might be struggling to manage his emotions and needs your support.
- Focus on behavior, not personality: Let your son know that you love him, but his behavior is not acceptable.

Prioritize your own well-being: Seek support from friends, family, or a therapist to manage your own stress levels when dealing with this situation

5. My teen daughter has lost her appetite recently, has lost interest in the activities she used to enjoy earlier, doesn't want to go to school and wants to be left alone. No matter how much I try to make her understand that eating food is important, but she doesn't understand. How to make her eat?

It's tough when a child is struggling, and it's important to be patient with her while also making sure she gets the support she needs.

It sounds like she's dealing with some challenging emotions or possibly even mental health issues. A loss of appetite, lack of interest in activities, and withdrawal from social situations can be signs of depression, anxiety, or other struggles, especially in teenagers. It's really important to approach this situation with patience and care. Here are some strategies you can try:

1. Create a Safe, Non-Pressuring Environment

Sometimes, when children feel pressured about something like eating, it can make them want to pull away even more. Rather than directly focusing on the eating itself, try to make mealtimes a



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peaceful, low-pressure space. You could even prepare small, simple meals that don't feel overwhelming.

2. Use Small, Frequent Meals

If she feels overwhelmed by regular meals, offer smaller portions throughout the day. Sometimes it's easier for teens to eat a little snack here and there instead of a big meal.

3. Find Food She Might Enjoy

Let her choose foods she likes or is comfortable with, even if it's just a few snacks. Sometimes when someone is feeling low, even their favourite foods can feel unappealing, but letting her have control over what she eats might give her a sense of agency.

4. Avoid Nagging or Criticizing

Instead of pushing her too hard, let her know you're there for her, and gently encourage her to eat. Avoid making her feel guilty about not eating. Teenagers often respond better when they feel understood rather than judged.

5. Talk About Feelings, Not Just Food

Since she's also withdrawing from activities she once enjoyed, there could be underlying emotional reasons. Try to check in with her emotionally. Let her talk when she's ready, and approach her gently about how she's feeling without pushing for answers. Sometimes just knowing that someone is there to listen can help her feel more supported.

6. Encourage Professional Support

If her appetite loss and disinterest in activities continue for an extended period, or if it seems like there's a deeper issue like depression or anxiety, it could be helpful to consult a mental health professional like a therapist or counsellor. A professional can help both her and your family navigate this challenging time.

7. Look for Changes in Routine or Social Environment

Is she going through any big changes at school or socially? Sometimes changes in her peer relationships, school stress, or family dynamics can affect how a teen feels. Being there to support



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her emotionally while also exploring what might be causing her to feel this way can be a good first step.

8. Lead by Example

Sometimes teens take cues from their parents. If you maintain healthy eating habits yourself, talk about how food makes you feel good, and model self-care, she might start to reflect that in her own life & improve her body-image.

6. How can I help my teen with school stress and academic pressure?

Helping your teen manage school stress and academic pressure can be really challenging, but it's also incredibly important for their overall well-being. School can be a time of intense pressure to perform academically, socially, and emotionally, and it's common for teens to struggle with balancing these demands. Here are some ways you can help your teen cope with school stress:

1. Open Communication

Start by opening up a non-judgmental conversation about their stress. Let your teen know that you're there to listen, and create a space where they feel comfortable sharing their worries. Avoid jumping to solve the problem immediately—sometimes teens just need to vent or feel heard. You might say, *"I can see you're feeling overwhelmed. Want to talk about what's stressing you out?"*

2. Normalize the Pressure

Let your teen know that feeling stressed about school is normal, but it doesn't have to be overwhelming. Reassure them that many students go through these pressures and that learning to manage it is part of growing up. It's also helpful to remind them that their value isn't tied to grades alone, and you care more about their effort and well-being than perfection.

3. Help Them Break Tasks into Smaller Steps

Sometimes, the stress of school comes from feeling overwhelmed by everything at once. Help your teen break down large projects, assignments, and exams into smaller, manageable tasks.

4. Create a Study Routine and Environment



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Encourage your teen to establish a consistent study routine that works for them, ideally at a time when they feel most alert and focused. Help them find a quiet, comfortable study environment with minimal distractions. Separate study time from relaxation time.

5. Encourage Healthy Study Habits

It's easy for teens to fall into unhealthy habits like cramming the night before exams or skipping meals when stressed. Encourage your teen to take regular breaks, use active learning techniques (like summarizing material in their own words), and avoid multitasking.

It's also important to make sure they're getting enough **sleep** (at least 7–9 hours per night) and eating nutritious meals, as both are essential for cognitive function and stress management.

6. Help Them Manage Time Effectively

Time management can be a big stressor for teens, especially when they have lots of assignments or extracurricular activities. Teach them how to prioritize tasks based on deadlines and importance. Use a tool like the **Eisenhower Matrix** (urgent vs. important tasks) or a **time-blocking** method to create a visual schedule.

7. Encourage Exercise and Relaxation

Physical activity can be a great way for your teen to release stress and feel better. Encourage regular exercise, even if it's just a walk or something simple. Exercise not only helps to relieve stress but also improves focus and sleep. Additionally, relaxation techniques like deep breathing, meditation, or even yoga can help manage anxiety and tension.

8. Model Healthy Coping Strategies

Teens learn a lot from observing their parents, so modelling healthy stress management strategies yourself can be powerful. Show your teen how you manage your own stress, whether it's through exercising, taking breaks, journaling, or talking things through with a friend. This can help them see that it's okay to not have everything together all the time and that taking care of your mental health is important.

9. Support Extracurricular Balance



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Help your teen assess their extracurricular activities and decide which ones truly bring them joy or serve a purpose for their future goals. If needed, encourage them to step back from some activities to create more balance in their life.

10. Be a Source of Encouragement, Not Pressure

Sometimes, teens feel pressured by their parents to meet high expectations. While it's important to set academic goals, try to balance that with encouragement for effort, not just results. Praise them for their hard work and resilience rather than focusing on outcomes alone. Remind them that it's okay to struggle and that they don't have to be perfect. Be supportive, not demanding

11. Promote Positive Mindset and Self-Compassion

Encourage your teen to develop a growth mindset, where they understand that challenges are part of learning and that mistakes are opportunities for growth. Helping them to treat themselves with kindness (and not just criticize themselves for falling short) can help them cope with setbacks. Give your children the wings to fly!

G. Substance Abuse

1. I found a packet of cigarettes in the pocket of my 13-year-old son's trousers and when I confronted him, he said that it was his friend's and not his. How can I confirm that he is not lying to me and not using it?

1. Tobacco use can expose a 13-year-old to nicotine and other harmful chemicals, potentially leading to health problems like addiction, lung issues, and negative impacts on brain development. Sit down with your child and discuss it.

While You're Talking-

1. Acknowledge your child's independence.
2. Ask for their perspective.
3. Be ready to hear that your child may have smoked



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4. Blame Big Tobacco, not your kid.
5. Avoid scare tactics.
6. Connect with what they care about.

H. Sexuality & Relationship

1. How to talk about relationship and dating pros and cons?

Begin early

1. Define a Healthy Relationship: Explain that a healthy relationship comes from respect, mutual understanding, trust, honesty, communication, and support. A relationship should consist of healthy boundaries that are established and respected by both partners equally. A good partner will accept you as you are, support your personal choices, and praise you for your achievements. A healthy relationship also allows both partners to maintain outside interests and friendships, and does not hinder the personal freedom of either partner.
2. Describe the different types of abuse and associated warning signs: These include physical, emotional, sexual, financial, and digital abuse, as well as stalking.
3. Explain the differences between lust, infatuation, and love:

Distinguishing between infatuation and love can be difficult for many adults; imagine how complicated it can be for a teenager who is experiencing many new feelings for the first time. Take a moment to explain to your teen that attraction and desire are physiological responses that can occur separately from emotions.

Make sure he or she understands that infatuation is not the same as love. Infatuation may give us butterflies, goose bumps, and that “can’t eat, can’t sleep” type of feeling, but it isn’t the same as love. Love takes time to grow, whereas infatuation may happen almost instantly.



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4. Talk realistically about sex: it may be tempting to skip this conversation; but it is in everyone's best interests to talk to your teen about sex. You want your teen to hear this information from you not someone else. Discuss the pros and cons of sex honestly. Talk about questions of ethics, values, and responsibilities associated with personal or religious beliefs. Set expectations and boundaries: Let your teen know any rules you may have, such as curfews, restrictions on whom or how they date, who will pay for dates, and any other stipulations you might have. Give your teen an opportunity to contribute to the discussion, which can help foster trust.
5. Offer your support: Be sure to let your teen know you support him or her in the dating process. Tell your teen you can drop off or pick up him or her, lend a compassionate and supportive ear when necessary,
6. Use gender-inclusive language that remains neutral to sexual orientation. For example, you might say something like, "Are you interested in finding a boyfriend or girlfriend?" rather than automatically assuming your teen has a preference for the opposite sex. By opening up the possibility of being attracted to both genders right away, you will not only make it easier for your teen to be open with you about his or her sexual orientation.
7. Be respectful: If you communicate with your teen in a gentle, non-obtrusive manner that respects his or her individuality, opinions, and beliefs, then your teen will be much more likely to do the same for you.
8. Seek help from an adolescent specialist when required

2. My daughter is recently distracted by a boy in her class. What should I do?

It is not abnormal to be distracted when attracted to the opposite sex. It is only biological or natural. Choose a right time to talk to your daughter. Tell her that it is natural to be attracted to a boy. Make her understand that it is infatuation. The difference between infatuation and love. Engage your daughter in other activities too.



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- 3. I am worried about my 13-yr old son. Of late I have observed him dressing like girls and putting on my makeup. Also, I am noticing change in his behaviors, he is least interested in playing outdoor games. How to handle?**

This seems to be a case of gender dysphoria. We need to talk to teen with compassion.

Counselling sessions with adolescent specialists would be of help.

- 4. My 16-yr old daughter wants to join LGBTQ pink parade though she claims herself to be straight. What should be my take on that?**

Social media influence and western culture has made teens more expressive.

Before speaking to the daughter, it would be wise to educate ourselves about LGBTQ's rather than be dismissive. If we cannot comprehend the dialogue is better referred to an adolescent health care specialist.

- 5. I saw oral pills in my teenage daughter's school bag. She is 17 yrs old. I am so disturbed. I don't know, how to talk to her about this?**

Parents should not react to any such situation adversely. Girl should be taken in confidence and asked gradually without making her guilty. Scolding or shouting is not going to help any way. After comforting her, she should be asked about the pills found in her bag and then, she should be gradually told about consequences and hazards of teenage sexual relations and teenage pregnancy and their harmful effects. If parents are not in a position to explain, they should take help of professionals.

I. Career Counselling

- 1. My child doesn't study. He is more interested in sports. How to convince him for studies?**

To help your child balance sports and studies, focus on making studying enjoyable, understanding their motivations, and finding a way to integrate both interests, rather than forcing a choice.

- **Understand Their Perspective:**



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- **Talk to your child:** Find out why they are more interested in sports and what they find challenging or uninteresting about studying.
- **Explore their motivations:** Are they driven by competition, teamwork, or the physical challenge of sports? Understanding their motivations can help you find ways to apply those same strengths to their studies.
- **Recognize their interests:** If they are passionate about sports, try to find ways to incorporate that passion into their learning.
- **Make Studying More Engaging:**
 - **Find creative ways to learn:** Explore different learning styles and methods, such as online learning, video tutorials, or interactive activities.
 - **Connect studies to real-world applications:** Show them how what they are learning can be used in their sports or other areas of interest.
 - **Break down tasks:** Make studying less daunting by breaking down large assignments into smaller, more manageable chunks.
 - **Encourage a positive learning environment:** Create a study space that is free from distractions and conducive to learning.
- **Find a Balance:**
 - **Set realistic goals:** Don't expect perfection, and focus on gradual improvement.
 - **Encourage a healthy balance:** Ensure they have enough time for both sports and studies, and that they are not overcommitted.
 - **Celebrate successes:** Acknowledge and praise their efforts and achievements in both sports and studies.
- **Be a Role Model:**
 - **Show them that you value learning:** Read books, engage in discussions, and demonstrate a lifelong love of learning.



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- **Be patient and supportive:** It takes time to develop good study habits, so be patient and understanding.
- **Communicate openly:** Create a safe space for your child to talk about their challenges and concerns.
- **Consider External Support:**
 - **Seek help from teachers or tutors:** If your child is struggling with specific subjects, consider seeking help from teachers or tutors.
 - **Explore extracurricular activities:** Encourage them to participate in activities that align with their interests, such as sports-related clubs or workshops

2. What are the most important skills for adolescents to develop for future careers (How can we guide the adolescent?)

To guide your adolescent child on career choices, encourage open communication, help them explore their interests and strengths, and avoid imposing your own aspirations. Instead, support their exploration and decision-making process. To help your child with career planning, it's important you: listen, don't judge, and are open to ideas and encourage them to explore all their options. You can encourage them to:

- talk about their career ideas and future plans
- Once your child has some ideas about what they would like to do, encourage them to do some research. You can help them find out what is needed to work in a certain career.
- know about options available in education, employment and training
- discuss ideas and options with teachers or careers advisers at school or college
- learn about training, college, and university entrance requirements as well as what is needed for jobs they are interested in
- develop their skills by taking part in clubs and activities, both within and outside of school - this will help them when they are applying for courses or jobs



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- learn about the world of work through work experience and extra-curricular activities by talking to relatives and family friends about the kinds of work they do
- go to careers events their school organizes

Keep in mind that your child's choices and decisions should be based on their aspirations and abilities, not on what you think they should do. Remember that not everyone has a clear idea what they want to do so your child's career ideas may change as they get older.

3. How can I support my adolescent's academic success?

Encourage goal-setting, provide resources, and maintain open communication with teachers

4. What are the options for career guidance and counseling?

School counselors, career assessments, and online resources can help adolescents explore career paths.

5. How can I help my adolescent prepare for higher education?

Research colleges, encourage academic preparation, and explore scholarship opportunities

J. Vaccination

1. My adolescent son lives in hostel where his roommate developed chickenpox rash 4 days back. I don't remember vaccination status of chickenpox in my son. Should he take vaccine for chickenpox now?

As the teen is exposed to chickenpox rash for last 4 days, he is likely to get infected. Depending upon his immunity and previous exposure, the adolescent may or may not manifest symptoms. At this point, there is no use of getting vaccinated.

2. My daughter is 10 yrs old and there is recommendation for HPV vaccine by doctors but some people say, HPV should not be given. Also, some video by an alternative medicine person is circulating on social media. My daughter cannot be sexually active at this age. What should I do?

HPV vaccine must be given to children, as early as 9 yrs. Earlier it is given, more time is available for immune response to develop. One must go for it, for both, boys and girls.



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3. I have vaccinated my child till 5 yrs of age regularly. Now he is 10 yrs old. Do I need to give any vaccine now?

Adolescent vaccination is very important.

The IAP AHA has come out with recommendations for adolescent vaccination please refer to the link For Immunization and discuss with your doctor.

4. My son is going abroad for higher studies. Does he need any vaccination at the age of 17?

Yes. Certain vaccines specific for travelers should be given to adolescent, specifically for those diseases that are more prevalent in that particular area.

5. My child is 13. One of my friends got her child of same age vaccinated for meningococcal infection. Is that compulsory ?

Certain vaccines are to be restricted to high risk groups or should be given after one to one counselling.

K. Road safety

1. My 16 yrs old son is demanding motor cycle as his birthday present. All his friends own and he has fomo. We as parents are worried about rash driving and road traffic accidents. How to handle?

Adolescent age is age of risky behaviors. Immature prefrontal cortex makes teen unable to think rationally. Parents shouldn't succumb to teen's tantrums. He should be listened first and then; logical reasoning is required. By two-way communication and listening him patiently and explaining him logically would be of some help .



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L. Digital wellness

1. My 12 year old son uses mobile all the time at home?

Good role modeling, restriction of use by creating gadget free area and time, family media plan, digital diet, digital literacy, catch before overuse turns to addiction or landing in cyber bullying or crime by WWW approach

M.Mixed bag

Single parent- Parenteening

1. My 12-year-old daughter seems to be very sad after her father left us, a month back in road accident. Seems difficult to look after her alone please suggest how to as there are many challenges?

It's understood that being a single parent often present challenges related to finances, balancing work and childcare as well as managing emotional stress, but eventually child can thrive with nurturing, responsive and tender care irrespective of family structure.

Tips for successful single parenteening:

1. Financial management – Check your bank accounts & resources.
 - Develop a budget and track income & expenses
 - Seek Assistance from a trustworthy person
2. Open Communication – Talk with your daughter about changes in the family allow her express her feeling. - Apply your communication skills be an active listener (**see section C'**)
3. Build a support system – Seek help from family, friends & support group
4. Prioritize self- care - Take time out for your well-being which may benefit both
5. Establish Routine – Create a daily schedule for meals, chores & bedtime to provide structured predictability for your daughter.



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6. Consistent discipline - Maintain Consistent discipline and expectations in working together in any work.

7. Positive Attitude – Be aware that your children will be affected by your mood & attitude so try to be positive.

8. Set Boundaries – Establish clear boundaries for your child & yourself.

9. Seek Professional help- If required consult a counsellor or therapist.

A single parent can foster strong parent-child bonds. In this single parent family can develop resilience, responsibility & self-confidence. Focus on positive aspect single parenting by being a loving role model. Spending quality time together is key to happy & healthy child.

Adopted child – Parenteening

1. We have adopted a 10-year-old male child because of unavoidable circumstantial reasons. Please give us tips to how to be a good parent. My wife is nonworking?

Hopefully you must have understood the legalities & other prerequisite before adopting a child.

Parenteening a adopted adolescent needs patience, understanding and commitment for building a strong loving & trusting relationship.

Here are few suggestions -

Understanding child's perspective:

1. No choice - Adopted child did not choose to be adopted. They may have experience of loss & trauma.

2. Trust Building – Establishing trust is crucial, as it takes time for an adopted child to fully accept their new family & feel safe.

3. Sadness & despair - Adopted children may experience grief related to their birth family and past experiences, which can manifest in various ways. They may be confused about their identity and heritage, and it's important to support alleviate their dilemma

Building a Strong Parent-Child Relationship:



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1. Patience and Empathy: Adoptive parents need to be patient and understanding, as adopted children may react differently to situations than biological children.
2. Open Communication: Encourage open and honest communication about adoption and birth family
3. Structured routine in warm environment: Maintaining routines and structure with lovingly ambience can provide a sense of security and stability for adopted child
4. Play and Interaction: Engaging in play and interactive activities can strengthen the bond between parent and child.
5. Birth Family contact - **If appropriate and safe**, encourage contact with the birth family to help the child understand their history and identity.

Specific Challenges and Considerations:

6. Attachment Issues: Some adopted child may struggle with forming attachments, and it's important to seek professional guidance if needed.
7. Behavioral Issues: Adopted children may exhibit behavioral problems, which can be related to their past experiences or attachment issues seek professional help
8. School and Social Challenges: Adopted children may face challenges in school or social settings, and it's important to support them in these areas.
9. Trauma: Some adopted children may have experienced trauma, and it's important to be sensitive to their needs and seek professional help if necessary.
10. Legal and Financial Aspects: Be aware of the legal and financial aspects of adoption, and seek professional advice if needed.
11. Emotional Preparation: Adoptive parents should prepare themselves emotionally for the challenges and joys of parenting an adopted child.
12. Support Network: Building a strong support network of friends, family, and support groups can be invaluable.



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When you adopt a child, you give a child permanent home & family along with sense of belonging, security and identity. Therefore, reassure your child you both (your spouse) love & care for them very much and nurture him as that they are permanent & valued member of your family

Child Chronic Conditions – CHD, Asthma, blood disorders - <https://iapindia.org/pdf/Ch-100-Care-of-chronic-illness-IAP-Parental-Guideline.pdf>

For further queries, kindly Go to the IAP guidelines for Parents - <https://iapindia.org/guidelines-for-parents/>