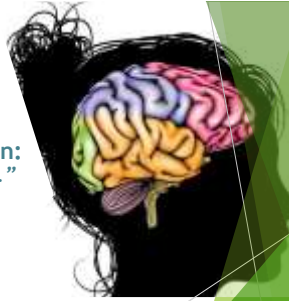


Parenting Your T(w)een:
"It's all in their heads."

Eileen C. Houlihan
Terence J. Houlihan



Some initial thoughts



There's always exceptions...speaking in general

There is rarely a singular causation

The word, "adolescence."

Children and teens have the capacity to be resilient

This is not the "most anxious" generation



The "Change"

- Puberty
- Smartphone
- Middle School > High School
- Disconnecting from parents
- Seeking acceptance from peer groups (social media)
- Existential threats
- College
- Dating/Romantic Relationships
- Chemical substances
- Increase in sensation seeking
- Driving

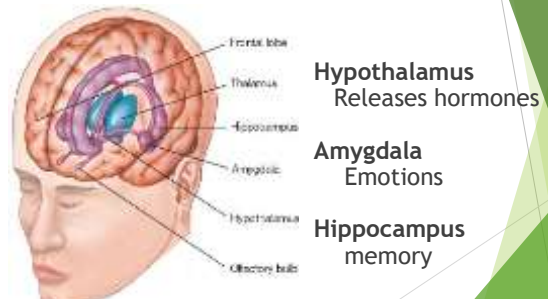


Cognitive Distortions in Adolescence

- Egocentrism & Elkind
 - Imaginary audience
 - Personal fable



Limbic System



Pre-Frontal Cortex

- CEO of the brain
 - Planning
 - Time Management
 - Organization
 - Working memory
 - Metacognition
 - Self-regulation
 - Task initiation
 - Flexibility
 - Mood modulation



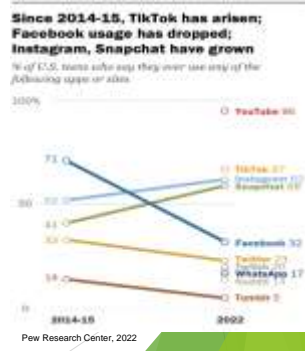
A word or two about stress and anxiety

- Cortisol & THP



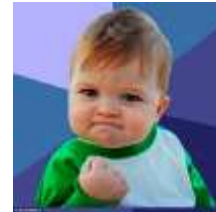
Social Media

- Age 11
- 7 hrs and 30 min.
- What can you do?
 - Help them create schedules
 - Charge them @ night
 - Set time limits (w/ reminders)
 - Ask for passwords
 - Set parental controls



Creating Resiliency

- Dopamine
- Testosterone



**Teens:
When You Get Them,
You've Got Them**



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RESOURCES

Books

- Blakemore, S. J. Inventing Ourselves: The Secret Life of the Teenage Brain. PublicAffairs, NY: 2018.
- Bradley, M., & Giedd, J. Yes, Your Teen is Crazy! Loving Your Kid Without Losing Your Mind. Harbor Press, Gig Harbor, WA: 2002.
- Brizendine, Louann, MD. The Male Brain. Three Rivers Press, NY: 2011.
- Brizendine, Louann, MD. The Female Brain. Morgan Road Books, NY: 2006.
- Bronson, P.O., and Merryman, A. Nurture Shock: New Thinking About Children. Twelve, New York, NY: 2009.
- Brown P., Roediger H. and McDaniel, A. Make it Stick; The Science of Successful Learning. Harvard University Press, Cambridge, MA, 2014.
- Carskadon, M.A. (Editor). Adolescent Sleep Patterns: Biological, Social, and Psychological Influences. Cambridge University Press, Cambridge, 2002.
- Crawford, Glenda. Brain-Based Teaching with the Adolescent Learning in Mind. Corwin Press, Thousand Oaks, CA: 2007.
- Dawson, P. & Guare, R. Executive Skills in Children and Adolescents. Guilford Press, New York, NY: 2004.
- Jensen, F. E., and Nutt, A. E. The Teenage Brain: A Neuroscientist's Survival Guide to Raising Adolescents and Young Adults. HarperCollins, New York, NY: 2015.
- Simmons, Rachael. Odd Girl Out: The Hidden Culture of Aggression in Girls. Harcourt Inc., New York, NY: 2002.
- Steinberg, Laurence. Age of Opportunity: Lessons from the New Science of Adolescence. Mariner Books, NY: 2015.
- Wang, Sam. Welcome to Your Child's Brain: How the Mind Grows from Conception to College. Bloomsbury, New York, NY: 2011.
- White, Adam & Swartzwekder, Scott. What Are They Thinking?: The Straight Facts about the RiskTaking, Social-Networking, Still-Developing Teen Brain. W.W. Norton, New York, NY: 2013.

Web sites

www.nida.nih.gov

National Institute on Drug Abuse

<http://www.positscience.com/human-brain>

Excellent resource on the mechanics of the brain

<http://www.cyfernet.org/index.php?c=2>

Information on the enhancement of social competency and the reduction of risk behaviors among youth.

www.sleepfoundation.org

National Sleep Foundation

<http://www.nimh.nih.gov>

National Institute on Mental Health

<http://www.aacap.org/>

American Academy of Child and Adolescent Psychiatry

<http://site.educ.indiana.edu/Default.aspx?alias=site.educ.indiana.edu/cafs>

Center for Adolescent and Family Studies, Indiana University

<http://www.learner.org/courses/neuroscience/index.html>

Neuroscience and the Classroom

<http://www.pbs.org/wgbh/pages/frontline/shows/teenbrain/>

PBS' in-depth look at the latest in neuroscience and adolescent development

<http://ngm.nationalgeographic.com/2011/10/teenage-brains/dobbs-text>

National Geographic's online magazine

<http://faculty.bucks.edu/specpop/studyskills.htm>

All things study skills-related

<http://schoolcounselor.org>

The quintessential website for school counselors

<http://www.visible-learning.org>

The quintessential website for educators



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