

Caring for Our Children as They Ease into Secondary School Life

21 December 2022

Teenage years are full of changes.

As our children transit to secondary school, their lives will get busier, their circles of friends will expand, and we may even notice changes to the way they relate to us.

Throughout this phase and across these changes, show them that our **C.A.R.E** remains the same.

Communicate like a parent and a friend

Show interest in their friendships, thoughts, and feelings, and listen without judgement.

Acknowledge that their friends may matter more than before

Understand that their friends' opinions may be very important to them at this age.

Respect their personal space to learn and grow

Allow them to develop their identity, manage their emotions, and handle challenges responsibly by themselves.

Eat meals together regularly to check in with one another

Try some conversation starters such as “What did you enjoy doing today?” or “What are you looking forward to in school tomorrow?”



Some resources to consider:

1

Read more about some key changes in our children's secondary school experiences and how we can support them.



[Click Here](#)



2

Learn about ways to support our children's mental well-being as they grow into teens.



[Click Here](#)



3

Try these parenting strategies to bond with our teen-to-be.



[Click Here](#)

