

POP CARE NEWS POP CARE NEWS

Building Happiness

Happy teenagers are teenagers with warm relationships. You can also boost teenage wellbeing and happiness by encouraging your child to try new things, have goals, value personal strengths and focus on the good things in life. Click on this link to find out how.



http://raisingchildren.net.au/articles/happy_teenagers.html

Stress Issues

If your child is stressed, they are not alone. Stress in teenagers is pretty common, so recognising stress and learning how to reduce stress are important life skills for teenagers. You can help your child by guiding him towards helpful ways of thinking and healthy lifestyle choices. Click on this link to find out how.



http://raisingchildren.net.au/articles/teenagers_stress.html

Procrastination

For a fun look at the issues of procrastination, and an opportunity to talk about it... check out this Youtube Clip.

<http://www.youtube.com/watch?v=Xi3aEGo8y-E>



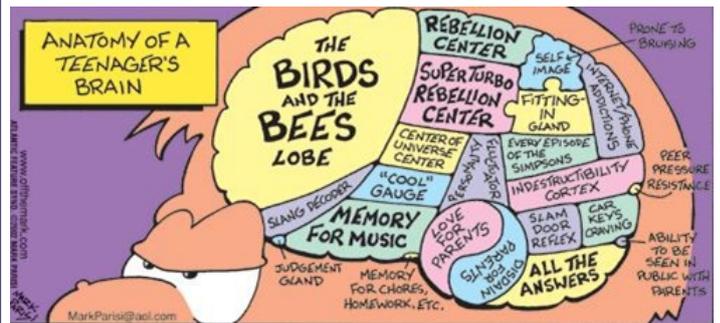
Homework Helps

How do you motivate your children to do their homework? Sometimes parents respond in one of two ways. We use overt pressure, or we ignore them. This link provides 6 suggestions to help your children develop the routine of homework.



<http://www.parenting.com/article/20-ways-to-end-homework-hassles>

Dealing with Moods



Help, my teenager is moody. Check out this video by health professionals from adolescent mental health services. They explain the difference between normal teen moodiness and something more serious. If you're concerned about your child's wellbeing, these professionals encourage you and your child to talk to the Pastoral Care Team or GP. It's also important to find out about local support services that can help your child.

http://raisingchildren.net.au/articles/teens_mental_health_video.html

Use of Technology

For a thought-provoking look at the issues of technology, check out this Youtube Clip.

<http://www.youtube.com/watch?v=Z7dLU6fk9QY>. Use the clip to talk about, then check out, how each member of the family is connecting.

Please contact any of the Pastoral Care Team for further details or support:

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