

Transitional age: what is worth and not to be afraid?

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"Hello, a young tribe, unfamiliar!"

A. S. Pushkin

Who is guilty? The pubertal period was grinding - now it starts in children already in 11-12 years. From this age, parents receive a problem teenager, with whom it is difficult to establish contact. And there is a moment when it is still not clear what exactly happens to the child, but the destructive changes are already noticeable, which, naturally, cause the alarm of parents and teachers. Of course, there is a certain pool of signs that adults are most often drawn:

He stopped learning;

He abandoned the previous hobbies;

He holds, Hamit;

He sits on his phone all day, computer;

he has a dangerous company;

He became strange.

Often, adults notice: "There was a good boy, but he began to keep it with anyone, rude, rid." And here you need to try to understand what it does not happen from some evil motives - the child actually experiences the strongest internal tension, which remains to be dealt with.

Neuropsychologists, psychiatrists, endocrinologists argue that the hormonal restructuring of the body, which occurs in a pubertal period, in reality simply cannot but influence the behavior of a person. And this is quite explained. A simple example: Remember yourself during severe disease with high temperatures, complications, strong cough. Well, it is familiar to women at all - in certain periods, the mood may vary lightly due to a burst of hormones.

"Do not wait when the child finally eats from the coils. Bates anxious as soon as the alarming bells heard. "

Bright colors, excessive piercing - all this speaks of self-expression. But if there is a big emphasis on these manifestations, it means that there is a strongest internal voltage. This is the essence of adolescent rebellion. Therefore, to the question: "Why did you drop our studies?" The child often answers: "I don't want."

And if the child can not want anything, look more closely - perhaps he has a real depression. This means that he does not just have no desire to learn, but in reality the interest in life disappears, energy, strength and health - mental and physical.

Of course, it is important to turn to specialists in time: psychologists, endocrinologists, psychiatrists. Doctors can recommend vitamin complexes and other drugs to maintain the functions of the body and facilitate depressive symptoms. Perhaps in some cases it is better to do without medication treatment, but without the advice of professional doctors, it is hardly possible to do.

In 12-14 years, the teenager ceases to listen to the parents, loses confidence in authorities. And it is important to find adults whose opinion will be a priority for him, and try to create a safe space of the house.

The case, by the way, maybe in genetics - perhaps someone in the family was strange, behaved inadequately taking place. The core of the character can really play a cruel joke: suddenly it turns out that the child's father is lazy for many years and cannot find a job.

Another disturbing component, which is already directly related to the behavior of the parents, is excessive control by adults, erased children's borders, overestimated expectations from the child.

But changes in behavior, lifestyle and day mode, which are accompanied by exconstruction, irritation and drowsiness, can talk about health problems and on the side effects of drugs.

"Do not think that drugs are something far away. Such is our reality - in any yard you can now find a bookmark. "

Very subtle and difficult topic - early interest in sexual life in teenage girls. And here you need to turn to parents again, or rather - to the Father. If the girl was immersed in the emotional cold since childhood, did not receive affection, attention and unconditional love from Pope, that is, the huge risk that she will very early to look for consolation in sexual relations with a partner. And the point here is not at all in pathological interest in the sex itself, as it may seem at first glance. The reason in the gaping emptiness, in a shortage of tactile sensations, which an adheating child will try to fill out on the other - a completely unstable level.

What to do?

Poor: "Play your Minecraft again?!What a heresy! "

Well: "Oh, do you play Minecraft?Healthy!What is new there? "Treat more carefully to what plays what the child is interested in.Show friendliness, lively interest and genuine curiosity.Take it with all oddities, hobbies, troubles, leave the estimated opinion in the past.In the end, unconditional love creates miracles - make sure that yourself.

Poor: "You look, again two algebra! The second time per month! And my father and I have so much strength, so much money for you spend. Rated fairie! Yes, but did not expect me from you! "

Good: "Well, what to do, twice so twice. Let's think how to fix it. I will help you, do not worry. "

Children are not obliged to be such as you want. The son or daughter is not to blame for the fact that parents want to attach them into physico-mathematical, and they like to draw more. Be honest with your children and yourself - do not waste energy for stupid proceedings. Better help the child to correct the situation. And the Council is in terms of - if the teenager does not ask for help or refuses her, then, on the contrary, do not fit. Eat, but with warmth and love, explain that you are always somewhere near, in the case of anything to help.

And parents, and teachers for a teenager - peculiar living simulators. He can handle, hold and check you on strength, wait for feedback. Agree with Him, how exactly he wants to receive comments (because they will still be!): "If you want to get a response from me, let's agree to what it is."

"Parental aggression and the depreciation of children's interests lead to an increase in the distance in relations with the child."