

Who Are You and What Have You Done With My Beautiful Child?



During the past week we have had several conversations with parents concerned about the increased angst and attitude they are witnessing in their pre-teen and adolescent daughters. It is not uncommon to hear parents say, 'This is just not the girl I know.' Often parents, in their efforts to understand what is happening to their child, are ready to blame the company their daughter is keeping, or social media and the impact it is having, but friends and social media use, although they may well be a bad influence, are not the culprits.

The real reasons for the change in behaviour, mood and emotion regulation are the changes occurring in their developing brains. The adolescent brain is going through its most rapid period of growth and change second only to infancy. It is not only that teenagers confront challenges, pressures, stresses and temptations in brains that are not yet fully developed. Neither is it because pre-teens and adolescents haven't had the time and experience to acquire a wide sense of the world. It is that their brains just haven't physically matured yet.

We would like to draw your attention to a particularly good, easy to read article written by Annie Reneau. It was posted on one of our recommended Your Mind Matters websites, Hey Sigmund (Karen Young). It provides some good insights and useful language to use when speaking to your child about what is happening to them.

Hey Sigmund can be accessed via the St Mary's College [Your Mind Matters parent page](#) where there is a direct link to Hey Sigmund, or you may use this [link](#) to access the article itself.

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