

„Adolescence knocks on the door“

Help, nothing is the same as before!

My daughter, my son is changing.

Information for parents
of adolescent children



Dear parents:

The day comes when your children change. Girls and boys develop physically and mentally, from children to women and men. This transitional period is a part of life and is completely normal.

The physical changes among girls and boys also cause strange behavior: The children are cheeky, capricious, do not obey, forget their belongings, come home too late. Moreover, they can also experience problems in their schools.

Many parents know about these difficulties. But sometimes you just do not know how to handle and solve problems when these situations so often happen.

What is normal, what is not? What are teenagers allowed to do, what not? What to do if there are major difficulties?

The parent talk gives you the opportunity to talk with other parents about the changes in their children. Experts provide expertise and advise on difficult developmental issues.