

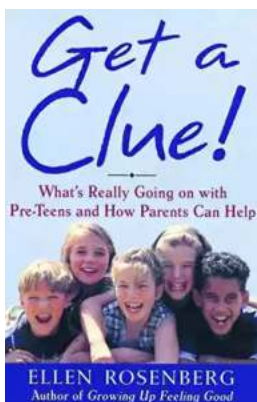
# What Really Going On With Pre Teens And How Parents Can Help

As parents, it's natural to feel concerned about our pre-teens and the challenges they face during this crucial developmental stage. Pre-teens, typically between the ages of 10-12, are transitioning from childhood to adolescence, and this period can be filled with numerous emotional, physical, and social changes. Understanding what really goes on with pre-teens can help us provide the right support and guidance to ensure their healthy growth.

## The Emotional Rollercoaster: Hormones and Mood Swings

One of the most significant factors influencing pre-teens' behavior is their hormonal changes. During this stage, their bodies start producing chemicals like estrogen in girls and testosterone in boys. These hormonal surges can lead to noticeable mood swings, irritability, and even occasional outbursts.

It's crucial for parents to acknowledge and support their pre-teens in managing their emotions effectively. Encouraging open communication, active listening, and empathy can go a long way in helping them navigate through these emotional rollercoasters.



## Get a Clue!: What's Really Going On With Pre-Teens and How Parents Can Help

by Sue Ellin Browder(Kindle Edition)

★★★★★ 5 out of 5

Language : English

File size : 5535 KB

Text-to-Speech : Enabled

Enhanced typesetting : Enabled

Word Wise : Enabled

Screen Reader : Supported

Print length : 352 pages



## **Peer Pressure and the Need to Fit In**

Pre-teens become increasingly aware of their peers' opinions and opinions at this stage. Wanting to fit in and be accepted by their friends becomes a significant influencing factor in their decision-making process.

Parents play a vital role by teaching pre-teens about healthy friendship, self-esteem, and the importance of making independent choices. Encouraging them to engage in activities they enjoy, building self-confidence, and providing a safe space for open discussions can help pre-teens resist negative peer pressure and develop strong self-identities.

## **The Tech Trap: Social Media and Online Influences**

In today's digital age, pre-teens are more exposed to various online platforms, social media, and influencers than ever before. While technology can provide numerous positive opportunities for learning and growth, it can also expose pre-teens to cyberbullying, body image issues, and unrealistic standards.

Parents can help by monitoring and guiding their pre-teens' online activities. Setting boundaries, having open conversations about the potential risks, and cultivating a healthy digital diet can equip pre-teens with the necessary tools to navigate the online world responsibly.

## **Academic Pressure and Self-Expectations**

As pre-teens advance in their education, the academic workload and expectations tend to increase. They may face stress and anxiety related to school performance, the need for perfection, and a fear of failure.

Parents can support their pre-teens by fostering a balanced approach to education. Encouraging them to pursue their interests, providing support with time management, and promoting a growth mindset can help pre-teens develop resilience and cope effectively with academic pressure.

### **Building Healthy Habits: Nutrition, Exercise, and Sleep**

During this critical period of growth, pre-teens' bodies require proper nutrition, regular exercise, and sufficient sleep. However, they may be easily influenced by external factors such as advertisements, peer preferences, or academic stress, which can lead to poor habits.

Parents can be proactive in promoting healthy habits by involving pre-teens in meal planning, encouraging physical activities they enjoy, and setting consistent sleep routines.

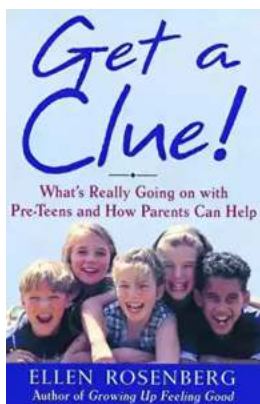
### **The Importance of Parental Support and Communication**

Above all, pre-teens need the love, support, and guidance of their parents. Maintaining open lines of communication, showing genuine interest in their lives, and creating a safe and non-judgmental environment are essential for a strong parent-child bond.

By being actively involved in their pre-teens' lives, parents can identify potential concerns, offer effective solutions, and ensure their overall well-being during this crucial transitional phase.

Understanding what really goes on with pre-teens is the first step towards providing them with the necessary support and guidance. By acknowledging and addressing their emotional changes, peer pressures, technological influences, academic pressures, and promoting healthy habits, parents empower pre-teens to navigate through this stage with resilience and confidence.

As parents, it's our responsibility to adapt our parenting styles and strategies to meet the unique needs of our pre-teens, ensuring they emerge as well-rounded individuals in their journey towards adolescence.



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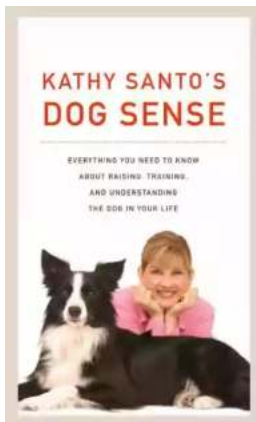
This practical companion to *Reviving Ophelia* and *Real Boys* shares the concerns of preteens in their own words and advises parents how to approach them confidently and effectively.

Many parents may not want to know that their eight- to fourteen-year-olds are already facing serious issues and have questions such as:

- Why do people make fun of me because I am from another country?
- When will I know when puberty has struck?
- How do I deal with the feeling that no matter how good I do it's not good enough for my parents?
- What happens when a friend beats you up?

Without support, understanding, and assistance, the anxiety these dilemmas evoke could undermine a child's confidence and self-image as he or she matures. In a reassuring style filled with practical pointers, Ellen Rosenberg, veteran educator of thirty years, tells parents how to open a discussion on the day-to-day questions their preteens have but may be reluctant to share. Handwritten queries from preteens are included in the text, and as they attest, your children do want you to know what's really going on.

A communication bible that parents will return to again and again, Get a Clue! is sure to help parents and their children become closer and form a bond of trust that will last through middle school, high school, college, and beyond.



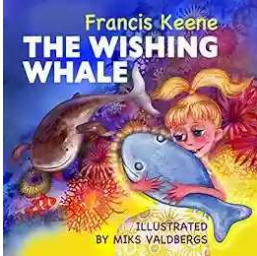
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