



“Adolescents challenge us, not to break us, but to see if we will stay present through the storms.”

“Your child’s growth won’t follow a straight path, Expect detours, wrong turns and surprising scenic routes.”

A bulletin board with several sticky notes. One note says 'TAKE A BREAK', another says 'DESCANSAR', and others have checkmarks and the word 'WORK'. A teal circular graphic is on the right side of the board.

Week 3- Talking Points

- Recap Week 2
- What is **parenting**?
- Key **roles and responsibilities** of parents
- How parenting **evolves** from childhood to adolescence
- Unique **challenges of working parents** raising adolescents
- Challenges experienced by adolescents
- Importance of **psychological flexibility**



What is Psychological Flexibility?

- Ability to adapt, stay present, and act in alignment with values
- **Respond** effectively to distress, rather than impulsive **Reactions**
- Children don't need perfect parents - need present, mindful and flexible

Key Components:

- ✓ Openness – Willingness to experience emotions and thoughts without avoidance.
- ✓ Awareness – Being present in the moment.
- ✓ Committed Action – Acting in line with parenting values.

The image shows a corkboard with several sticky notes. One note says "DESCANSO", another says "TAKE A BREAK", and others have partial words like "CANA", "WANT", "WANT", "WANT", "WANT", "WANT". A teal circular graphic is on the right side of the image.

Metaphor Reflections: Psychological Flexibility

- Tree Bend - not breaking under stress (acceptance)
- Tangled Net - Untangle from overwhelming thoughts (defusion)
- Roadmap – Navigate parenting with direction and purpose (values and committed action)



What is Parenting?

- A lifelong process to nurture, guide and support
- One of the most gratifying and demanding roles of adulthood
- Raise and socialise children – values, beliefs, norms
- Care and support - mould behaviours and emotional functioning
- Deliberate and intentional actions for children to transition
- Social, cultural and legal duty



Roles and Responsibilities of Parents

- Provider – financial stability and meet needs
- Protector – safe and nurturing environment
- Teacher – instill values and problem-solving skills
- Emotional supporter – love, reassurance, understanding
- Encourager – Allow age-appropriate decisions
- Autonomy - room for independence
- Disciplinarian – set clear expectations, boundaries and rules

A bulletin board with several sticky notes. One note says 'TAKE A BREAK', another says 'DREAMS', and others have 'WANT' and 'WITH'. A teal circular graphic is on the right.

Parenting Evolution - Childhood to Adolescence

- Parenting is dynamic - evolves with a child's growth
- Key transitions require shifts in parenting approaches
- From caregiving (Structure) to mentorship (guidance and support)
- Psychological flexibility helps parents adjust their approach



Parenting in Childhood

- Primary focus - Nurture, protect, and foundation-building
- Parental role - Caregiver, teacher, and emotional anchor
- Key needs - Attachment, structure and basic emotional regulation
- Discipline approach - Guidance-based; set rules and boundaries



Parenting in Adolescents

- Primary focus - Autonomy, identity formation and emotional regulation
- Parental role - Mentor, coach and emotional support
- Key needs - Open communication, trust, guidance without control
- Discipline approach - Collaborative problem-solving



Adolescence

- Adolescence is a critical and distinct development phase
- Explore who they are and how they fit into family and society
- Physical, emotional, psychological changes
- Shift and parent-child relationship
- Unfortunate and Damaging stereotypes
- Unstable, easily influenced, lazy, reckless, poor decision-making, rebellious, irresponsible

A bulletin board with several sticky notes. One note says "TAKE A BREAK", another says "DESCANSAR", and others have checkmarks and the word "WORK". To the right is a teal circular graphic.

Adolescence

- Neuroscience teaches that significant brain changes happen
- Prefrontal cortex - involved in judgment, reasoning, emotional and impulse control
- Prefrontal cortex – Only fully developed at 25
- These adolescent behaviours are common and to be expected
- Signals preparation for independence

The background features a corkboard with several sticky notes. One note says 'TAKE A BREAK', another says 'DESCANSAR', and others have checkmarks and the word 'WORK'. A teal circular graphic is on the right side.

Adolescents challenges to understand and be aware of

- Mental Health Issues
- Social Media & Online Influences
- Academic & Extracurricular Pressures
- Family Dynamics & Communication Barriers
- Risky Behaviour's & Peer Pressure

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What is Next?

- Parents should understand adolescent changes
- Adolescents to be optimally supported positive outcomes
- Embrace evidence-based, flexible, and effective parenting
- Build psychological flexibility skills
- Challenge your worldviews and perspectives
- Create lasting change

The image shows a corkboard with several sticky notes. One note says 'TAKE A BREAK', another says 'Dennis', and others have checkmarks and the word 'WORK'. A teal circular graphic is on the right side of the board.

Challenges of Working Parents Raising Adolescents

- Time constraints – balancing work and parenting
- Emotional exhaustion – manage work pressure - emotionally available
- Parental guilt – miss milestones due to work commitments
- Work-stress spillover – affecting child and home interactions
- Adolescent independence – push boundaries
- Parents try to maintain control and struggle to set limits



Learn Psychological Flexibility Skills?

- To adapt, stay present and act in alignment with values
- To respond thoughtfully instead of reacting emotionally
- Be resilient, foster open communication with adolescents

Key Components:

- ✓ Openness – Willingness to experience emotions and thoughts without avoidance.
- ✓ Awareness – Being present in the moment.
- ✓ Committed Action – Acting in line with parenting values.



Key Takeaways

- Parenting adolescents requires a shift from control to collaboration
- Remain present and take values-based actions
- Adolescents need guidance, not dictatorship; connection not control
- Psychological flexibility can support adolescents become independent, resilient, and emotionally balanced adults



Announcements!

- During Week Four – Focus Group Discussion Invitation
- WhatsApp group – Scan QR Code
- Website postings
- Homework will be shared
- Stay engaged and remain on this Train:
 - ✓ Special give aways to make your stay worthwhile
 - ✓ Check out the ACT Wise Breakfast!
 - ✓ Loading!

Scan QR Code



Working Parents Research and Empowerment

WhatsApp group



Scan this QR code using the WhatsApp camera to join this group



“Thoughts are like clouds – they pass. Don’t let a stormy thought convince you the sun is gone forever.”



Week 4 - Acceptance and Openness

Objectives:

- Understand the difference between acceptance and avoidance.
- Learn acceptance strategies for handling difficult emotions
- Learn acceptance strategies for psychological flexibility



Thank you so much!