



Conflict is Normal: Ages 10-14

In this stage, adults need to see themselves as guides—almost “gatekeepers”—for children. Even though children can take on more responsibility for themselves in this stage, parents need to be available both physically and emotionally as much as possible. Adults also need to see themselves as mentors of behaviors for this stage.

What to Expect:

- Children in this stage have the ability to think like adults without the life experiences of adulthood. They want independence but still need guidance.
- Acceptance is a big deal at this stage! Teens especially need to know that