

Parenting

by Dana Anderson, MFT |

Q: My teenager is so frustrating. She seems so ungrateful and just lays around waiting for the world to hand her things. And then there are her moods, I feel like I can't take it. What should I do?

A: This is a common complaint I hear from parents. It can be frustrating raising teenagers. Although I'm not sure the complaint is different from our parents and their parents. The difference today is the economics involved. Previous generations of teens didn't have the advertising and marketing world aimed towards their wallets. This is a struggle for parents today. My advice is to talk to your friends because they are going through it also. If your teen is coming home on time, achieving what you want them to at school, doing what's required at home, I'd try to ignore the moodiness as it will eventually pass. If you are worried about depression or the required things aren't happening, then find a good adolescent therapist who can help you assess what's going on.