

AGES AND STAGES

Aged nine to twelve

Part of the 'TIME TO TALK' series

“She just gets so embarrassed.”

Between the ages of nine and twelve, children seem to grow up very fast. As their bodies begin to change, so can their personalities. They may begin to shut out parents and families, and start relying on their friends and the media for their facts. Parents are often bemused, worried and even saddened about the pace of change and how their young children seem to be desperate to grow up before their time.

“timetotalk”



Parentlineplus

because instructions aren't included

0808 800 2222

www.parentlineplus.org.uk

Whatever they say or however they look or act, your children are still very young. They need your love and support as they work out how to fit in or how to cope with the challenges of growing up.

📌 **Tips for talking to your child**

- ✓ **Watch TV together.** Use stories from soaps or song lyrics to get messages across. It can make it easier to get talking, and help you all feel less embarrassed.
- ✓ **Understand that they are testing their identity.** Even if you hate the way they look, clothes and make-up are a way for your child to express themselves. Do talk about the risks they might face if they look older than they are.
- ✓ **Respect their privacy.** Little things make a difference, don't walk in when they are in the bath or changing; offer to put a lock on the bathroom door if you haven't got one.
- ✓ **Accept that they have new role-models.** They may seem obsessed with celebrities and become heavily influenced by their friends. Let them know you are there to talk about what is happening.
- ✓ **Help your children to say no to pressure.** Help them to see that they can have a mind of their own and talk about how they can handle situations they are not comfortable with.

Finding it difficult to talk to your children?

Parentline Plus is there to help – contact Parentline on **0808 800 2222** or take a look at our website **www.parentlineplus.org.uk**

“**timetotalk**”