

# Child development: 13 to 18 years old

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All teens grow and develop at different rates. Your teen gives you clues about the way his own body and mind develop as he grows, such as:

- The way that he learns, acts, plays and speaks.
- Certain clues, called milestones. These can give you an idea about your teen's progress.

## Common issues teens may face

- The need for privacy. Give your teen space to help him become more independent.
- Concern about body image. Your teen may worry about the way he looks because of changes in his body.
- Building independence. Your teens is becoming and adult. He may feel the need to make his own choices.
- Learning to think like an adult. Your teen thinks about things that cannot be seen or touched (such as faith, beliefs and the future). His brain is still growing even though he may feel like an adult.
- Mood swings. Your teen has not yet learned how to handle feelings and stress in life. His moods may change quickly.
- Friendships. Your teen may worry about "fitting in" with others. Friends are important to your teen as he learns to build relationships.
- Peer pressure. Your teen may often feel internal pressure to do the things that he thinks his peers are doing, when in reality his peers are not doing these things.
- Developing self-identity. Your teen is figuring out what he believe and how he fits into his own world.

## How to help your teen grow and develop

- Help your teen sleep for about 9 hours each night:
  - Limit cell phone, computer and TV use for 1 hour before bedtime.
  - Provide a quiet evening routine.
  - Limit drinks with caffeine (such as tea and sodas).
- Make sure your teen is active and exercises or plays each day.
- Know your teen will need personal space.
- Talk and listen to your teen about his views without judgment. Take time to calmly discuss your own views.
- Help your teen find school activities he enjoys.
- Praise your teen.
- Get to know your teen's friends and what they are doing.

**This teaching sheet contains general information only. Talk with your child's doctor or a member of your child's healthcare team about specific care of your child.**

**In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.**