

A LITTLE HUMAN DEVELOPMENT REFRESHER COURSE

Within the next few years, you may question your child, their decisions, and the changes that have occurred. Below is a list of common changes that occur during puberty and a link to a web site that is full of information on what is "normal" in a time of abnormality.

- ◆ Identity struggles – a search for their own independent self
- ◆ Awkwardness – rapid body growth often leaves children gawky and unsure of their physical appearance
- ◆ Being self-absorbed – everyone really is looking at only them
- ◆ Moodiness
- ◆ Showing less affection to family members
- ◆ Wanting more independence
- ◆ Present-driven – living for the here and now
- ◆ Testing the boundaries of rules and limits
- ◆ Peers become more influential than family

For more information, visit: www.puberty101.com