

From Parenting Struggle to Strong Bonds: Mastering Toddler & Teen Difference

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SUMMARY

Understanding the differences between parenting toddlers and teenagers is crucial for effective parenting. This video outlines nine key areas where these differences manifest, helping parents adapt their strategies as their children grow.

- *Developmental Stages**:* Toddlers are in a phase of rapid growth and dependency, while teenagers seek independence and self-identity.
- *Communication**:* Communication with toddlers is simple and repetitive, whereas teenagers require deeper conversations and validation of their feelings.
- *Setting Boundaries**:* Toddlers respond well to consistent rules and immediate consequences, while teenagers benefit from negotiation and understanding.
- *Emotional Needs**:* Toddlers crave physical affection and reassurance, while teenagers need privacy and support without being overly intrusive.
- *Independence and Guidance**:* Toddlers need guidance as they assert independence, while teenagers seek autonomy and learn from their mistakes.
- *Social Interaction**:* Toddlers interact mainly with family, while teenagers form their own social circles and value peer relationships.
- *Educational Support**:* Learning for toddlers is play-based, while teenagers face academic pressures and need support in managing their responsibilities.
- *Conflict Resolution**:* Toddlers may have tantrums, requiring calm distraction, while conflicts with teenagers involve serious issues needing open dialogue and understanding.
- *Building Trust**:* Trust with toddlers is built through consistent care, while with teenagers, it involves respecting their opinions and giving them space.

Speaker 1: It is very important to understand the difference between teenage and toddler parenting because even though our children start to change with time, our parenting strategies remain the same. However, knowing the difference in parenting between teenagers and toddlers can help us to prepare ourselves as parents. Now I'm going to share with you the difference between teen and toddler parenting in nine critical areas.

Speaker 1: Welcome back to my channel. And today we'll be discussing a very fascinating topic, a very important topic, and something that all of us should know as mothers, irrespective of whether you're raising a toddler or a teenager. So the topic that we'll be discussing is called the difference between parenting toddlers and teenagers. It is very important to understand the difference between teenage and toddler parenting because even though our children start to change with time, our parenting strateg the same.

Speaker 1: We are so used to having our children around us that it almost seems like we are losing our children when they start to turn into teens. However, knowing the difference in parenting between teenagers and toddlers can help us to prepare ourselves as parents. And this can really help us manage our emotions better. However, knowing the difference between teenage and toddler parenting and preparing ourselves as parents can help us to manage our emotions better as children turn from toddlers into teenagers.

Speaker 1: Now, before I dive deep into the topic, I'll quickly share a little about myself in just one line. I'm Riddhi Devra. I'm a certified parenting coach, and I'm on a mission to help mothers build happy families so that we can build a happy nation together. Thank you for listening. And now let's dive deep into the topic. Now, if you're here, make sure that you hit the subscribe button and click on the bell icon so that you never miss any important topic related to parenting.

Speaker 1: Now, every video that I'll create will be very simple. It'll be short, it will be crisp. Because I know that as mothers, we are so busy. Now, I want to share with you the difference between teen and toddler parenting in nine critical areas. So let's start. The first is understanding developmental stages. Firstly, it's important to understand the developmental stage of toddlers and teens. Toddlers are aged between one to three are in a phase of rapid growth and development.

Speaker 1: They're exploring the world around them, learning to walk, talk and assert their independence. Teens, on the other hand, are transforming from childhood to adulthood. This is a period of significant hormonal change and they want to take charge of their lives. Toddlers are more dependent on us for their basic needs, whereas teenagers feel good if they are allowed to do everything on their own. Second is when it comes to communication, there's a key difference between parenting toddlers and teen.

Speaker 1: With toddlers, communication is often very straightforward. You use simple language, lots of repetition, and we need a lot of patience. They may not understand complex explanations, so you keep it short and simple. But with teenagers, communication becomes very complex. They are capable of deeper conversations and may challenge your viewpoint. They want everything to be done according to their wishes and it's very important to listen to them. Actively validate the feelings of your teenager and engage in open, honest discussions.

Speaker 1: Lecturing and explaining. Too much repeating ideas too much with a teenager can actually reduce the quality of your parent child born. So make sure you focus on not repeating, not lecturing and not explaining too much to your teenager. And this is something that we actually do with our toddlers, but completely avoid it with a teenager. Now, the third area which you need to focus on is called setting boundaries and discipline. So when it comes to setting boundaries and disciplining, the approach is going to be very different for your toddler and for your teenager.

Speaker 1: For toddlers, consistency is very crucial. Simple rules and immediate consequence helps them to understand what is acceptable and what is not acceptable. Positive reinforcement like praise and rewards work really well with toddlers. Let me give you an example. You can tell your toddler something like only when you

finish your homework will you get screen time. It's going to work with your toddler, but something like this might not work with your teenager. So now let's understand, what is it that you need to do with your teens?

Speaker 1: With teens, it's more about negotiation and understanding. They seek more independence and might question rules and authority. Hence, do not expect your teenager to follow all your rules. In fact, they are very likely to do the opposite of what you want them to do. But understand this. This is just a phase. It's a developmental thing that they are going through. It's not always a behavioral thing. Don't be very strict with your teenager. Don't judge them too much.

Speaker 1: And if you are just holding that space for your teenager, it will allow you to bond better with them. Now, the fourth area where you will see a huge difference between toddler and teen parenting is in the area of emotional needs. The emotional needs of a toddler is very different from that of a teenager. Toddlers need a lot of physical affection. They need reassurance. They look to you for comfort and they are always coming back to you.

Speaker 1: They want lots of hugs, kisses, cuddles, and they want soothing words. They want to follow you around everywhere you're going. If you're going to the kitchen, they'll come after you. They want to sleep with you, so they really want to be around you all the time. But for teenagers, it's very different. Of course they have emotional needs, but their emotional needs are very different. They're usually craving for privacy and their own personal space, but they also need to know that you're there for them when they need you.

Speaker 1: So it's a balance of giving them room to grow while also being there just as a consistent source of support without being too pushy or without interfering too much. Now, the fifth area is independence and guidance. Again, you'll see a lot of difference here, so let me explain this to you. Toddlers are just beginning to assert their independence. They want to do things by themselves, but they still are very heavily dependent on you for guidance. Providing opportunities for them to make choices within safe boundaries helps them to develop confidence.

Speaker 1: Let me give you an example so you can tell your toddler something like this. Do you want to wear the red T shirt or the blue T shirt? But for teenagers, this might not work. Teens are pushing for more independence and are often trying to establish their own identity. It's important to guide them with empathy, allowing them to make mistakes and learn from their mistakes while you continue to offer them support and advice very patiently, from a distance mostly, and not get too close to them.

Speaker 1: Then the sixth is social interaction. Social interactions for toddlers are usually centered around family and close caregivers. Play dates, interaction with other children are also supervised and guided. But for teenagers, peer relationships become extremely important. They start forming their own social circles and make seek advice from friends rather than parents. It's important to encourage healthy social interactions and be aware that these interactions are going to be there in their lives for a while and you should not worry too much.

Speaker 1: It's important to encourage social interactions and to be aware of these different influences in their

life. The only way for you to know this is not to judge them, not to correct them every time they share something about their friends with you. Because if you start to correct them, they'll stop telling you about their friends. Now, the seventh critical area where you see a huge difference is educational support. Now, educational support also changes as your child grows.

Speaker 1: For toddlers, learning is mostly through play activities that stimulate their senses, curiosity, and all of these kind of activities are very essential for toddlers. With teenagers, the academic pressure usually increases and they may need help with schoolwork, guidance on time management, and also support in pursuing their Interests and goals. But sometimes, you know, you might want them to do it, but they might not want to do it. So you'll have to figure this out and not be too pushy.

Speaker 1: You want to give them their space, but you also want to establish basic discipline and routine at home. Now, the eighth area is dealing with conflicts. Now, conflict resolution strategies differ significantly with toddlers and with teenagers. Now, with toddlers, you will mostly see tantrums and meltdowns are very common. Staying calm, using distraction, positive comfort. These are strategies that are very effective with teenagers. Conflicts may involve more serious issues like school performance or peer pressure.

Speaker 1: And it's important to approach these conflicts with calm and an open mind and encourage honest conversations and a mutual understanding. So it's very, very important for you to not judge your teenager. Understand they're going through a lot. There are a lot of hormonal, biological changes that keep happening for your teenager. And when they're going through so much, rather than you just focusing on the behavior that you can see, it's important that you start to notice the emotional changes that your teenager is going through.

Speaker 1: Only when you understand this will you be able to support your teenager the right way. And the last area is in the area of building trust. Now, again, building trust is crucial for both stages, like for both toddlers and teenagers, but it has to be done in a different way. For toddlers, trust is built through consistent care, meeting their needs, and you know, if you're just available for them, if you feed them, if you put them to sleep, and if you're around them, that's how you can win their trust.

Speaker 1: For teenagers, it's very different. It's about respecting their opinions, giving them their space, allowing for privacy, and giving them responsibilities. Trusting their words, understanding their need to meet their friends, understanding that their choices can be different from your choices. So when you allow all of these things, that's when you can really build the build that trust with your teenager. So these are nine areas where you would see a huge difference in your parenting style when it comes to raising a toddler as compared to raising a teenager.

Speaker 1: Now, if you are a mother who has a teenager and a toddler both, then you need to do both. For you, it's going to be a little tricky because you'll have to keep switching your strategy. But it's important. It's not very difficult. When you go through this, you'll understand how easy it is. You just need to do it a few times and you'll understand it. So make sure you go through this video Once again, make notes.

Speaker 1: Because learning is one thing, but just learning is not enough. Being aware and then putting it into action is. That's only. That's the only way when you'll start to create results in your life. So make sure you do this. I'll keep creating such simple, short, useful videos for you. So if you like what I shared with you, make sure you give it a thumbs up. Subscribe to my channel so that this video reaches more and more parents out there.

Speaker 1: And come back to my channel next week where I'll be sharing with you another very simple topic on 10 mindful parenting practices that can help you feel calm and relaxed as a mother. These are very simple practices, but it's so powerful. I've used all of them personally and I promise you're going to love it. So make sure you come back. Thank you so much for being this amazing parent, learning and doing what you're supposed to do.

Speaker 1: Because you know, as parents, we are not supposed to be just teaching parents like parents are all the time teaching children. But we are supposed to learn so that we can do better for our children. And you're doing that. So I'm so proud of you and I'll see you next week. Thank you. Take care.