

Parent Communication Is Key To Tween Confidence

(NAPSA)—Twins today face pressures and experiences that didn't exist when their parents were growing up. One of the most important things parents can do to help their children navigate these challenges is to have open communication, which helps kids maintain self-confidence as they reach their teenage years.

In fact, a recent survey by Degree, Suave and Dove deodorants found that seven out of 10 tweens say having talks with parents is very helpful when dealing with things like conflicts with friends and changes in their bodies. And fostering open communication during the tween years is critical, as self-esteem starts to decrease around the age of 12 or 13, according to a study at UC Davis.

Twins look to their parents for guidance, but parents often feel overwhelmed and aren't sure how to navigate the many challenges tweens face—especially while at school. Whether it is starting a new school, taking a big test or dealing with rumors, these can all be sweat-inducing moments for kids. Parents need to look for opportunities to begin a conversation with their children.

National PTA President Chuck Saylor says, "Parents who are engaged in their children's lives at school are already doing so much to help their children feel confident. It shows they are ready and willing to do what it takes to help their children succeed." Saylor emphasizes taking small steps along the way. For example, if your children are nervous about fitting in, especially in a new environment, remind them that they don't have to make all their friends immediately. However, remind them that joining a team or club is a terrific way to meet kids who share similar interests and can help your children develop self-confidence.

For more tips and expert advice, check out www.DontFretTheSweat.com, an online resource for parents. The website offers advice and real-life stories about how other parents are communicating and transitioning their tweens into confident and self-reliant adults.