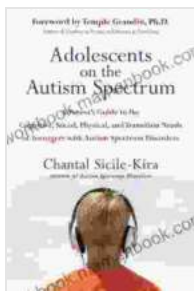


A Parent's Guide to the Cognitive, Social, Physical, and Transition Needs of Teenagers

Teenagers are a unique group of individuals who are going through a period of significant change. They are developing physically, emotionally, and intellectually. They are also beginning to establish their own identity and independence.

As a parent, it is important to understand the cognitive, social, physical, and transition needs of teenagers. This will help you to support them as they navigate this challenging time in their lives.



Adolescents on the Autism Spectrum: A Parent's Guide to the Cognitive, Social, Physical, and Transition Needs of Teenagers with Autism Spectrum Disorders

by Chantal Sicile-Kira

★★★★☆ 4.5 out of 5

Language : English
File size : 689 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 288 pages



Cognitive Development

Teenagers are experiencing a period of rapid cognitive development. They are developing the ability to think abstractly, reason logically, and solve

problems.

Here are some of the cognitive changes that you may notice in your teenager:

- They may become more interested in discussing complex topics.
- They may be able to see different perspectives and understand different points of view.
- They may be able to solve problems more independently.

It is important to support your teenager's cognitive development by providing them with opportunities to learn and explore new ideas. Encourage them to ask questions, voice their opinions, and engage in debates.

Social Development

Teenagers are also experiencing a period of significant social development. They are becoming more independent and developing their own identity.

Here are some of the social changes that you may notice in your teenager:

- They may spend more time with their friends and less time with their family.
- They may become more interested in dating and relationships.
- They may begin to experiment with different identities and lifestyles.

It is important to support your teenager's social development by providing them with opportunities to interact with their peers. Encourage them to join

clubs, sports teams, or other activities where they can make friends and develop their social skills.

Physical Development

Teenagers are also experiencing a period of rapid physical development. They are growing taller, gaining weight, and developing their muscles.

Here are some of the physical changes that you may notice in your teenager:

- They may have a growth spurt.
- They may gain weight.
- They may develop acne.
- They may become more interested in sports and other physical activities.

It is important to support your teenager's physical development by providing them with healthy foods, encouraging them to exercise, and helping them to get enough sleep.

Transition Needs

Teenagers are also facing a number of transition needs. They are preparing to graduate from high school, choose a college or career, and become independent adults.

Here are some of the transition needs that you may notice in your teenager:

- They may be anxious about the future.
- They may be uncertain about what they want to do with their life.
- They may be struggling to become more independent.

It is important to support your teenager's transition needs by providing them with guidance and support. Help them to explore their options, make informed decisions, and develop the skills they need to be successful adults.

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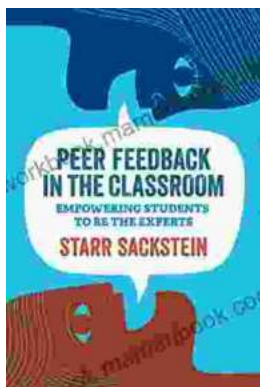
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