

Please enable JavaScript in order to get the best experience when using this site.

- [Site Navigation](#)
- [Page Content](#)

[Menu](#)

[State Government Victoria](#) [Better Health Channel Logo](#)

[Caret](#)



-

[Health.vic](#)

[Victoria's hub for health services and business](#)



-

[DHHS](#)

[A gateway to the strategies, policies, programs and services delivered by the Department of Health & Human Services.](#)



-

[Seniors Online](#)

[Victorian government portal for older people, with information about government and community services and programs.](#)

[Show search toolbar](#)

[Contrast](#) [Sign Up](#) [Login](#)




Search

Type a minimum of three characters then press UP or DOWN on the keyboard to navigate the autocompleted search results

Navigation

[Home](#) [Close Menu](#)

-
- [Conditions and treatments](#)
 - [Conditions and treatments](#)
 - [Allergies](#)
 - [Allergic reaction to packaged food](#)
 - [Anxiety](#)
 - [Arthritis](#)
 - [Asthma](#)
 - [Behavioural conditions](#)
 - [Birth defects](#)
 - [Blood and blood vessels](#)
 - [Bones muscles and joints](#)
 - [Foot care - podiatrists](#)
 - [Brain and nerves](#)
 - [Cancer](#)
 - [Complementary and alternative care](#)
 - [Dementia](#)
- [Healthy living](#)
 - [Healthy living](#)
 - [Alcohol](#)
 - [Babies and toddlers \(0-3\)](#)
 - [Children \(4-12\)](#)
 - [Drugs and addictive behaviours](#)

- [Environmental health](#)
- [Family Violence](#)
- [Older people in hospital – Get well soon](#)
- [Health checks](#)
- [Healthy Eating](#)
 - [Nutrition for life](#)
- [Healthy mind](#)
- [Healthy pregnancy](#)
- [Immunisation](#)
- [Services and support](#)
 - [Services and support](#)
 - [Aged care services](#)
 - [Alcohol and drug services](#)
 - [LGBTI support](#)
 - [Carers, caring and respite care services](#)
 - [Child, family and relationship services](#)
 - [Disability services](#)
 - [Emergency, crisis and support services](#)
 - [End of life and palliative care services](#)
 - [Hospitals, surgery and procedures](#)
 - [Mental health services](#)
 - [Planning and coordinating healthcare](#)
 - [Pregnancy and birth services](#)
- [A-Z](#)
 - [A-Z](#)
 - [Conditions and treatments](#)
 - [Healthy living](#)
 - [Services and support](#)
 - [Videos](#)
 - [Service profiles](#)
- [Blog](#)
 - [Blog](#)
 - [Blog authors](#)
 - [Topics](#)
- [Podcast](#)
 - [Podcast](#)
 - [Influenza - Dr Brett Sutton & Prof Kanta Subbarao](#)
 - [Trauma - Anne Leadbeater OAM & Dr Rob Gordon](#)
 - [template](#)
- [Other sites](#)
 -  [Health.vic](#)  [DHHS](#)  [Seniors Online](#)
- [Sitemap](#)
- [My Health Life](#)
- [Facebook](#)
- [Googleplus](#)
- [Twitter](#)
- [Youtube](#)
- [Rss](#)
- [Conditions and treatments](#)
- [Healthy living](#)
- [Services and support](#)
- [A-Z](#)
- [Blog](#)
- [Podcast](#)



[Back to Relationships](#)

- [Home](#)
- [Healthy living](#)
- [Relationships](#)
- Parenting children through puberty

Parenting children through puberty

- [Share \(show more\)](#)
- [Download PDF](#)
- [Listen \(show more\)](#)
- [Listen](#)
- [More \(show more\)](#)
 - [Email](#)
 - [Print](#)

Tags:

- [Parents - Parenting basics](#)
- [Parents - Support for parents](#)

Summary

- Puberty is a time of great change for your child – and for you as a parent too.
- You can help your child by arming yourself with information, being reassuring, role modelling body acceptance and a healthy lifestyle, and respecting your child's need for more privacy.
- Take practical steps to support your child through their bodily changes.
- Look after your own needs too. Talking to professionals or friends and family may help.

[Puberty](#) brings lots of changes for your child – and for you as a parent too. Your child is transitioning from child to adult – and you may feel uncertain about how best to support them through the [physical, psychological and emotional changes](#) this brings.

Never fear, there's plenty you can do to help your child. One of the best ways is to just be reassuring.

Puberty is simply a series of natural changes that every child goes through. Some kids struggle with the changes, while others sail through puberty without concern. Only a small percentage of children experience extreme turmoil during this phase of their development.

Puberty can also be exciting and special, and as your child's parent or carer, you're in the ideal position to help them through it.

What to expect during puberty

You can read more detailed articles on [puberty](#) and the teenage years generally [<https://www.betterhealth.vic.gov.au/healthyliving/young-people-13-19>], but this short summary gives you an idea of what to expect.

The changes of puberty are physical, sexual, social and emotional. Puberty starts when changes in your child's brain cause sex hormones to be released in the ovaries (girls) and testes (boys). These changes usually start to occur around age 10 or 11 for girls and age 11 to 13 for boys. But starting younger (about 8 for girls and 9 for boys) or later (about 13 for girls or 14 for boys) is also normal.

You can't predict how long your child will go through puberty. It may be anywhere from 18 months up to 5 years. Genetic, nutritional and social factors determine when puberty starts and for how long it runs.

What to expect in both genders

- Oily skin ([acne](#) is possible)
- Oily hair, possibly requiring frequent washing
- Increased perspiration and body odour (frequent showering and deodorant help)
- A growth spurt of around 11 cm a year in girls and up to 13 cm a year in boys. Teens continue to grow about 1 to 2 cm a year after this main growth spurt. Some body parts (such as head and hands) may grow faster than limbs and trunk. The body eventually evens out.

What to expect in girls

- Breasts develop and may be tender.
- The figure changes and hips widen.
- Pubic hair and underarm hair start to grow.
- Menstruation starts, but periods may be irregular at first. Some discomfort, like headaches and stomach cramps, is normal but see your doctor if you have concerns.
- A clear or whitish vaginal discharge may occur before the period. See your doctor if your daughter experiences itching, pain or strong odour.

What to expect in boys

- The penis and testes (testicles) start growing. Don't worry if growth of the testes is uneven (that is, one testis grows faster than the other).
- Pubic, underarm and facial hair start to grow.
- Testosterone production starts, which stimulates the testes to produce sperm.
- Erections and ejaculation start.
- The larynx or voice box grows larger, and the voice 'breaks' and eventually deepens. Voice variations are normal and will settle in time.

What to expect socially and emotionally

Mood changes and energy level variations are normal parts of puberty, as are swings between feeling independent and wanting parental support.

Your child will want to establish their own identity, which may include new friendships and experiences. If this happens, they will encounter challenges about how to manage current friendships. They may also start to explore their sexuality and may go on dates and start developing romantic relationships.

Puberty and adolescence is a time for children to become more independent (such as getting themselves to and from school). They may also be looking for more responsibility, such as taking on a leadership position at school, or finding a part-time job.

Your child may also be sensitive about how they look and their new body changes. Privacy and personal space may become very important to them. They may alternate between feeling self-conscious about themselves one day, to feeling 'bullet proof' the next.

These social and emotional changes show your child is forming their own identity and learning how to be an independent adult. They are developing their decision-making skills and learning to recognise and understand the consequences of their actions.

How you can support your child during puberty

One of your best strategies during your child's puberty is reassurance. Explain that puberty is an exciting time that means adulthood is approaching.

Try to show compassion for the changes they're experiencing and reassure them the changes are normal – and many will pass. Of course, if you're concerned about your child's development, talk to your healthcare professional.

Puberty is also a time when role modelling body acceptance is really valuable. Your child will compare their body to those of their friends, and may feel worried about their own development. The best thing you can do is show understanding and explain bodies come in all shapes and sizes. Modelling a healthy lifestyle will also help your child.

Be accepting of your child's need for privacy, and that your child may be exploring their body through masturbation. Always knock before entering their room. If your child is early or late to puberty, be understanding and offer lots of reassurance and support. They may feel embarrassed but let them know everybody develops at their own pace.

You may like to keep these extra tips in mind too:

- Praise your teenager for their efforts, achievements and positive behaviour.
- Put yourself in your child's shoes, and try to see their behavior for what it often is: your child struggling to become an individual.
- Try to stay calm during angry outbursts from your child. Wait for your child to cool down before talking about the problem.
- Stay interested and involved, and be available if your child wants to talk.
- Chat to your partner or other parents of teenagers. Sharing concerns and experiences can ease the load.
- Try to support your child in their self-expression, even if some of it seems odd to you, such as an extreme haircut or offbeat clothing choices.
- Try to tolerate long periods of time spent on personal care, such as hours in the bathroom, but chat to your child about reasonable family time limits.
- Talk to your child about any permanent changes they want to make to their body, such as tattoos and piercings, and discuss temporary alternatives, such as henna (removable) tattoos.
- If your child has acne, talk to them about how they feel about it. If it is bothering them, ask if they would like to see a doctor. Your doctor may refer your teenager to a skin specialist or dermatologist.

How you can support your daughter during puberty

Helping your daughter with firsts, such as being ready for her first period are really important. Discreetly pack some sanitary items in her schoolbag, and explain to her how to use them (for example, not sleeping with a tampon in place). Be ready for period pain: a hot water bottle and pain relief from your doctor or pharmacist may help. Talk to your doctor if your daughter hasn't had her period by 16 or 17 years of age, or if her periods stop after they've started.

Remember, explain to your daughter that all these changes are natural and happen to every girl in her own time.

How you can support your son during puberty

Helping your son through puberty is mostly about reassurance. Reassure your son that testes develop unevenly, and it's common for one to be lower than the other. If your son's testes are very small or not both in the scrotum, see your GP.

You may also need to reassure your son that penis size does not affect sexual functioning, and that erect penises are usually very similar in size. Every boy develops in his own time. Ejaculating during sleep (sometimes called a wet dream) and spontaneous erections are both normal.

If your son experiences breast growth or tenderness, he may be concerned. Again, reassurance is the key. Any tenderness is likely to settle once his chest widens. If your son feels small or too thin for his age, reassure him he will grow in time.

Remember, you know your child best and if anything about their development concerns you, see your GP.

How to talk about puberty and body image

The best time to talk about puberty with your child is before it begins. Take an open and relaxed approach to chatting with your child.

Use the correct terms for body parts so your child learns the right words and is comfortable using them when talking about their body. They need to know their body parts are normal and natural, with words to match.

You may like to open a conversation by asking whether your child has learned about puberty at school and what they've been taught.

Convey facts in the conversation, such as 'Every kid goes through these changes, but not always at the same time. Have you noticed that?' And talk about your values too: for instance, you may choose to say that you think a behaviour such as masturbation is a normal way to handle sexual feelings.

Pick a time to talk when there are no distractions, and don't be worried if your child doesn't want to share everything with you. They may prefer to talk to your family doctor or a counsellor.

Kids Helpline has useful information about talking to young people about [puberty and body image](#). You may choose to let your child read the Kids Helpline information on [body changes and sexuality](#).

How to foster positive independence during puberty

It's normal for your child to want more independence – but still need your support – during puberty or teen years. They may take risks as they explore their boundaries.

As a parent, you may be worried about your child's safety, and find yourself arguing with them about their push for independence. Try to stay calm and work through the issues with your child. Communicate openly, and make sure your child knows you're there for them. Stay available, because being accessible is the best way to find out what your child is doing and to help keep them safe.

Talk to your child about making good decisions, and your family's values. Ask your child to tell you where they are and what they're doing.

How to look after yourself at this time

It's important that you look after yourself during this potentially challenging time in your child's development. Trust in your skills as a parent – and talk to others or read up on the subject so you feel confident in guiding your child through it.

Puberty is the beginning of your child's transformation into an adult. Take some time to accept that your child, and your role as parent and your family dynamic, is changing.

You may also need to accept that you won't have total control over your child's choices and life direction once they're a young adult. It may help to trust that you've done your best as a parent and trust in your young person. But if your child makes new friendships that lead to activities that concern you, such as violence or drug taking, you may feel particularly stressed. In these times it may be useful to seek the advice of a family counsellor or a service like Relationships Australia (which offers parenting advice as well as classes).

Stay available and caring. Let your child know you are there for them, no matter how old they are. Take some time for yourself to reduce stress, and look after your own needs if this time is particularly challenging.

Here are some tips for taking care of yourself:

- Prepare a weekly family plan, so you know what people are doing and where they need to be. Include some fun family rituals, like Saturday night cards, or maybe a weekly walk or bike ride. Don't forget to schedule some time for yourself.
- Nurture your relationship with your partner. Remember, they're facing many of the same challenges that you are. A regular date night in your family schedule can work wonders.
- Use your support networks, like grandparents, other family members and friends. What child (including your teenager) doesn't enjoy being spoiled by a doting grandparent? And you could share carpooling or supervision duties with friends.
- Ask the kids to help out with household chores. Your child learns some new skills, gains some new responsibility, and it lightens the load for parents.
- Stay positive and keep things in perspective.

And for an extra boost, you could try some meditation, yoga or deep breathing exercises. This fact sheet has more [useful tips for dealing with adolescents and looking after yourself](#) during this development stage in your child's life.

Remember...

- Puberty is a time of great change for your child – and for you as a parent too.
- Puberty is a series of natural changes, and not all children struggle with them.
- You can do a lot to help your child through puberty. Arm yourself with information, be reassuring, role model body acceptance and a healthy lifestyle, and respect your child's need for more privacy.
- Find ways to help your child become more independent, positively and safely.
- Look after your own needs too. Talking to professionals or friends and family may help.

Where to get help

- Your GP
- [Family Planning Victoria](#) Tel. (03) 9257 0100 or freecall 1800 013 952 (focuses on sexual and reproductive health care and education)
- [Family Planning Victoria's Action Centre](#) (for people aged under 25) Tel. (03) 9660 4700 or freecall 1800 013 952
- [Community health services](#)
- [Maternal and child health services](#)
- [Relationships Australia](#) provides counselling, mediation, dispute resolution, relationship and parenting skills education, community support, employee assistance programs and professional training. Services and programs are available nationally. Tel. 1300 364 277

References

- *Puberty, Women's and Children's Health Network.* [More information here.](#)
- *Understanding puberty, Raising Children Network.* [More information here.](#)
- *Puberty, Better Health Channel.* [More information here.](#)
- *Young people 13-19, Better Health Channel.* [More information here.](#)
- *Sexuality - your body and your mind, Kids Helpline.* [More information here.](#)

Send us your feedback

- Rate this website
- Your comments

- Questions
- Your details

1/4 How would you rate this website?

- Excellent
- Good
- Average
- Fair
- Poor

[Next](#) [Submit Now](#) [Cancel](#)

[Send us your feedback](#)

- Rate this website
- Your comments
- Questions
- Your details

Please note that we cannot answer personal medical queries.
If you are looking for health or medical advice we recommend that you:

- talk to your doctor or pharmacist
- dial triple zero (000) in an emergency
- ring NURSE-ON-CALL Tel. 1300 60 60 24.

2/4 Your Comments

Tell us who you are

Enter your comments below (optional)

[Next](#) [Submit Now](#) [Cancel](#)

[Send us your feedback](#)

- Rate this website
- Your comments
- Questions
- Your details

3/4 Questions

What are you here to do?

Did you find what you were looking for?

- Yes
- No

[Next](#) [Submit Now](#) [Cancel](#)

[Send us your feedback](#)

- Rate this website
- Your comments
- Questions
- Your details

4/4 Your details

Postcode

Email Address

[Submit Now](#) [Cancel](#)

[Send us your feedback](#)

Thank you. Your feedback has been successfully sent.

More information

Parents

The following content is displayed as Tabs. Once you have activated a link navigate to the end of the list to view its associated content. The activated link is defined as Active Tab

- [Parenting basics](#)
- [Family structures](#)
- [Communication identity and behaviour](#)
- [Raising healthy children](#)
- [Common childhood health concerns](#)
- [Immunisation](#)
- [Keeping yourself healthy](#)
- [Children with special needs](#)
- [Child safety and accident prevention](#)
- [Child protection and family violence](#)
- [Grief and trauma](#)
- [Support for parents](#)

Parenting basics

- [Children and health services](#)
[There is a range of subsidised and free health services, including services for mental health and dental health, available for children in Victoria...](#)
- [Family and child support services](#)
[There are many government funded family support services available to help parents and young people deal with family issues...](#)
- [Happy families](#)
[It might be valuable to occasionally evaluate the dynamics of your family to ensure that everyone is as happy as they could be...](#)
- [Healthy budget - tucker talk tips](#)
[You can buy more food if you spend most of your money on basic healthy foods like bread, cereals, fruit and vegies...](#)
- [Parenthood and your relationship](#)
[The birth of your first child can significantly change your relationship with your partner and may impact on other relationships...](#)
- [Parenting children through puberty](#)
[Puberty is a time of great change for your child, and for you as a parent too. You can help your child in many practical ways, mostly by being reassuring...](#)
- [Parenting on your own](#)
[A person can become a single or sole parent for many different reasons. You may have chosen to start a family on your own, you may be separated or divorced, or your partner may have died. As a...](#)
- [Parenting services](#)
[Parenting is one of the most important tasks we undertake but it doesn't always come naturally...](#)
- [Raising Children Network](#)
[Raising Children Network is an online parenting resource providing research-based information...](#)
- [Travelling with children](#)
[If your child is old enough, involve them in planning a trip so they can get excited about it...](#)

Family structures

- [10 tips for happier step-parenting](#)
[Give your undivided attention when your child asks for it ... 10 tips for happier step-parenting...](#)
- [Adoption](#)
[Adoption can give a secure family life to children who can't live with their birth family...](#)
- [Empty nest syndrome](#)
[The grief of empty nest syndrome often goes unrecognised, because an adult child moving out of home is seen as a normal, healthy event...](#)
- [Foster care](#)
[Foster care is temporary care of children up to 18 years by trained, assessed and accredited foster carers...](#)
- [Kinship care](#)

[Kinship care is the care provided by relatives or a member of a child's social network when a child cannot live with their parents...](#)

- [Moving out of home – tips for parents](#)

[If you don't approve of your child's reasons for moving out, try to keep the lines of communication open...](#)

- [Parenting on your own](#)

[A person can become a single or sole parent for many different reasons. You may have chosen to start a family on your own, you may be separated or divorced, or your partner may have died. As a...](#)

- [Parenting when you're a foster carer](#)

[As a foster carer, you are providing a safe and supportive home for a child or teenager who can't live with their family of origin. You may face challenges that affect you physically, emotionally and...](#)

- [Permanent care](#)

[After experiencing abuse, neglect or rejection, many children are slow to put their trust in anyone...](#)

- [Single parenting](#)

[In single-parent households, issues such as holidays or major family purchases are more likely to be decided with the children...](#)

- [Stepfamilies](#)

[Becoming part of a stepfamily involves adjusting to a number of changes...](#)

- [Surrogacy](#)

[Surrogacy is a form of assisted reproductive treatment \(ART\) in which a woman carries a child within her uterus on behalf of another person or couple...](#)

Communication, identity and behaviour

- [10 tips for managing sibling rivalry](#)

[Teach your children to sort out minor differences themselves... 10 tips for managing sibling rivalry...](#)

- [Body image and young people - staying positive \(video\)](#)

[The pressure on young girls and boys to be physically perfect is creating an epidemic of children and teenagers with low self-esteem and negative body image. Reporter Flip Shelton introduces us to the...](#)

- [Body image – tips for parents](#)

[Give your child opportunities to appreciate their body for what it can do, rather than what it looks like...](#)

- [Bullying](#)

[Parents can help with bullying by supporting their child and involving the authorities to find solutions...](#)

- [Children and shyness](#)

[If your child's shyness is especially debilitating, you may like to consider professional help from a counsellor or psychologist...](#)

- [Children and sibling rivalry](#)

[Sibling rivalry is a common problem, particularly among children who are the same sex and close together in age...](#)

- [Discipline and children](#)

[Disciplining your child means teaching them responsible behaviour and self-control...](#)

- [Family conflict](#)

[It is normal to disagree with each other from time to time and occasional conflict is part of family life...](#)

- [Internet addiction](#)

[Internet addiction refers to the compulsive need to spend a lot of time on the Internet, to the point where relationships, work and health suffer...](#)

- [Parenting on your own](#)

[A person can become a single or sole parent for many different reasons. You may have chosen to start a family on your own, you may be separated or divorced, or your partner may have died. As a...](#)

- [Partying safely – tips for parents](#)

[With a few simple plans in place, a good time can be had by all at a teenage party – even the parents...](#)

- [Peer pressure](#)

[Peer groups can be a very positive influence on your teenager's life...](#)

- [Sex education - tips for parents](#)

[Mothers are more likely to talk about intimate, emotional and psychological aspects of sex than fathers...](#)

- [Talking to primary school children about sex](#)

[Some parents find it hard to talk with their primary age children about sex, but help is available...](#)

- [Teenagers and communication](#)

[Accept that your adolescent may have a different view of the world and respect their opinions...](#)

- [Young children and communication](#)

[Children thrive with words of encouragement and praise...](#)

Raising healthy children

- [A Healthy Start to School](#)

[A Healthy Start to School – a guide for parents of children in their foundation year of school...](#)

- [A Healthy Start to School](#)

[A Healthy Start to School – a guide for parents of children in their foundation year of school...](#)

- [Children – keeping them active](#)

[A young child is naturally active, so build upon their inclinations to use their body...](#)

- [Children's diet - fruit and vegetables](#)

[If you eat and enjoy fruit and vegetables every day, your child may eventually follow your lead...](#)

- [Dr Margaret's Story \(video\)](#)

[Access to vaccines has changed lives and protects our children from crippling diseases such as polio...](#)

- [Eating disorders and adolescents](#)

[Often, an eating disorder develops as a way for an adolescent to feel in control about what's happening in their life...](#)

- [Healthy eating tips](#)

[A good balance between exercise and food intake is important to maintain a healthy body weight...](#)

- [Immunisation – deciding which vaccines you need](#)

[Everyone's immunisation needs are different and are influenced by your health, lifestyle, age and occupation...](#)

- [No Jab No Play](#)

[No Jab No Play – from 1 January 2016, all parents/guardians seeking to enrol their child at an early childhood service in Victoria must provide evidence that the child is fully immunised for their age...](#)

- [Obesity in children - management](#)

[If your child is overweight, you can help by making healthier lifestyle choices for yourself...](#)

- [Parenting on your own](#)

[A person can become a single or sole parent for many different reasons. You may have chosen to start a family on your own, you may be separated or divorced, or your partner may have died. As a...](#)

- [Parent's guide for active girls](#)

[Physical activity is an important part of health and wellbeing, and girls should remain active as they grow up...](#)

- [Soft drinks, juice and sweet drinks - children](#)

[Encourage children to drink and enjoy water. Sweet drinks such as juice, cordial and soft drinks may cause health problems for children if consumed in large amounts...](#)

- [Youth suicide – the warning signs](#)

[All suicide threats are serious. You don't have to be a trained professional to help a person contemplating suicide...](#)

Common childhood health concerns

- [Abdominal pain in children](#)
[Children may feel stomach pain for a range of reasons and may need treatment...](#)
- [Allergies explained](#)
[Allergy occurs when the body overreacts to a 'trigger' that is harmless to most people...](#)
- [Anxiety and fear in children](#)
[You can help your child overcome anxiety by taking their fears seriously and encouraging them to talk about their feelings...](#)
- [Asthma, children and smoking](#)
[Exposure to second-hand smoke increases the risk of children developing asthma and provokes more frequent asthma in children with asthma...](#)
- [Asthma in childhood - triggers \(video\)](#)
[Parents and children talk about some of the factors that can cause a child's asthma to flare up...](#)
- [Back pain in children](#)
[Children with back pain may grow into adults with chronic bad backs, so it is important to encourage sensible back care...](#)
- [Bedwetting](#)
[Bedwetting is a problem for many children and punishing them for it will only add to their distress...](#)
- [Behavioural disorders in children](#)
[Untreated behavioural disorders in children may mean they grow up to be dysfunctional adults...](#)
- [Bronchiolitis](#)
[Bronchiolitis is a common chest infection in babies under six months of age...](#)
- [Chest infections](#)
[A chest infection affects your lungs, either in the larger airways \(bronchitis\) or in the smaller air sacs \(pneumonia\)...](#)
- [Chickenpox](#)
[Chickenpox is highly contagious, but it is generally mild and gets better without the need for special treatment...](#)
- [Children and vomiting](#)
[Mild vomiting is normal in most babies and improves over time...](#)
- [Children's feet and shoes](#)
[A child learning to walk receives important sensory information from the soles of their feet, and shoes can make walking more difficult...](#)
- [Choking](#)
[Don't slap a choking person on the back while they are upright - gravity may cause the object to slip further down their windpipe...](#)
- [Colds](#)
[Cold viruses are spread by sneezing, coughing and hand contact...](#)
- [Colic](#)
[Caring for a crying baby with colic can be stressful, so take some time out to calm down...](#)
- [Constipation and children](#)
[A healthy diet, plenty of fluids, exercise and regular toilet habits can help relieve constipation in children...](#)
- [Coughing and wheezing in children](#)
[Coughing and wheezing in babies can be distressing for you and your baby, but in most cases symptoms can be relieved at home...](#)
- [Cradle cap](#)
[Cradle cap is not contagious and it is not caused by poor hygiene or bad parenting...](#)
- [Croup](#)
[Croup is a viral infection of the throat and windpipe that causes noisy breathing, a hoarse voice and a harsh, barking cough...](#)
- [Cysts](#)
[Cysts may be as small as a blister or large enough to hold litres of fluid...](#)

- [Dental anxiety and phobia](#)
[Dental anxiety is common, but there are ways to help you manage it. Talk to your dentist about which strategies are right for you...](#)
- [Dental treatment](#)
[Modern techniques mean that dental and oral health treatment is almost always painless...](#)
- [Depression explained](#)
[The most important thing is to recognise the signs and symptoms and seek support...](#)
- [Ear infections](#)
[It is estimated that around four out of five children will experience a middle ear infection at least once...](#)
- [Epilepsy in children](#)
[Children with epilepsy generally have seizures that respond well to medication, and they enjoy a normal and active childhood...](#)
- [Feet - problems and treatments](#)
[Correctly fitted shoes help you avoid foot and leg pain or injury...](#)
- [Fever - children](#)
[Fever is a way in which the body fights infection. A fever is not dangerous and does not always indicate a serious illness...](#)
- [Fever - febrile convulsions](#)
[A febrile convulsion is a fit that occurs in children when they have a high fever...](#)
- [Food allergy and intolerance](#)
[Food allergy is an immune response, while food intolerance is a chemical reaction...](#)
- [Gastroenteritis in children](#)
[Gastroenteritis or Gastro can be dangerous for very young babies. Gastro is common in young children and spreads easily. Gastro is a bowel infection which causes diarrhoea \(runny or watery poo\) and...](#)
- [Growing pains](#)
[Growing pains may cause a lot of pain but they are harmless and can respond to simple treatments...](#)
- [Hand, foot and mouth disease](#)
[Good personal hygiene is essential to prevent the spread of hand, foot and mouth disease to others, both for those infected and their carers...](#)
- [Head lice \(nits\)](#)
[No product can prevent head lice, but regular checks can help prevent the spread...](#)
- [Hearing problems in children](#)
[The earlier that hearing loss is identified in children, the better for the child's language, learning and overall development...](#)
- [Immunisation history statements for children](#)
[By law, parents or guardians must provide an Immunisation History Statement when enrolling children in any childcare service, kindergarten or primary school in Victoria...](#)
- [Immunisations - vaccinations in Victoria, Australia \(video\)](#)
[Vaccinations are encouraged for all individuals living in the state of Victoria, Australia. The immunisation program in Victoria may be different than other countries, and individuals who have moved...](#)
- [Jaundice in babies](#)
[If your baby is full-term and healthy, mild jaundice is nothing to worry about and will resolve by itself within a week or so...](#)
- [Lactose intolerance](#)
[Symptoms of lactose intolerance include bloating, gas, abdominal pain and diarrhoea...](#)
- [Male Circumcision](#)
[Male circumcision involves the surgical removal of the foreskin of the penis...](#)
- [Melissa's story \(video\)](#)
[Melissa shares her story of how her baby caught chickenpox at 5 weeks old...](#)

- [Meningococcal disease](#)
[Do not leave young adults alone if they suddenly develop a fever because they may become seriously ill very quickly...](#)
- [Nappy rash](#)
[Most babies get nappy rash at some stage, no matter how well they are cared for...](#)
- [No Jab No Play](#)
[No Jab No Play – from 1 January 2016, all parents/guardians seeking to enrol their child at an early childhood service in Victoria must provide evidence that the child is fully immunised for their age...](#)
- [Obesity in children - causes](#)
[Once children are overweight, it takes a lot of effort for them to return to a healthy weight...](#)
- [Obesity in children - management](#)
[If your child is overweight, you can help by making healthier lifestyle choices for yourself...](#)
- [Oral conditions - young children](#)
[Oral thrush, mouth ulcers and cold sores are common oral conditions in babies and young children...](#)
- [Pain management \(acute\) - children](#)
[If you think your child is in pain, always see your doctor for diagnosis and treatment...](#)
- [Pinworms](#)
[Despite the unsavoury reputation, a pinworm infection \(worms\) is relatively harmless and easily treated...](#)
- [Tooth decay - young children](#)
[Every child is at risk of tooth decay, but good feeding habits and oral care can help prevent decay in baby teeth...](#)
- [Whooping cough](#)
[The major symptom of whooping cough is a severe cough, which is often followed by a 'whooping' sound...](#)

Immunisation

- [Flu \(influenza\) – immunisation](#)
[Influenza immunisation is recommended for people in known high risk groups...](#)
- [A Healthy Start to School](#)
[A Healthy Start to School – a guide for parents of children in their foundation year of school...](#)
- [A Healthy Start to School](#)
[A Healthy Start to School – a guide for parents of children in their foundation year of school...](#)
- [Pre-immunisation checklist](#)
[This immunisation checklist will help you prepare so you know what to expect and what information you will need to give your GP or clinic staff before your immunisation...](#)
- [Immunisation history statements for children](#)
[By law, parents or guardians must provide an Immunisation History Statement when enrolling children in any childcare service, kindergarten or primary school in Victoria...](#)
- [Childhood immunisation](#)
[Being immunised from an early age helps protect your child against serious childhood infections...](#)
- [Immunisation – common questions](#)
[We answer some common questions about immunisation, including how immunisation works, why it's important and where you can be immunised...](#)
- [No Jab No Play](#)
[No Jab No Play – from 1 January 2016, all parents/guardians seeking to enrol their child at an early childhood service in Victoria must provide evidence that the child is fully immunised for their age...](#)
- [Immunisations for older people](#)
[Immunisations are important for you as you get older, because your immune system can become less effective at protecting you from some diseases...](#)

- [Why immunisation is important](#)
[Immunisation saves lives. It protects you, your family and your community. And it also helps protect future generations by eradicating diseases...](#)
- [Immunisation – deciding which vaccines you need](#)
[Everyone's immunisation needs are different and are influenced by your health, lifestyle, age and occupation...](#)
- [How to find your vaccination records](#)
[If you've recently arrived in Australia or missed out on an immunisation for any reason, you may need catch-up doses...](#)
- [Immunisations – catch-ups and boosters](#)
[If you've recently arrived in Australia or missed out on an immunisation for any reason, you may need catch-up doses...](#)
- [Melissa's story \(video\)](#)
[Melissa shares her story of how her baby caught chickenpox at 5 weeks old...](#)
- [10 tips for secondary students on how to deal with immunisation](#)
[10 tips for secondary students on how to deal with immunisation...](#)
- [Immunisation – DTP, polio, hep B and Hib](#)
[A number of combined immunisations against diphtheria, tetanus and other infectious diseases are available to provide protection at various life stages...](#)
- [Immunisations for work](#)
[Some jobs have a higher risk of exposure to infectious diseases, so if your job is one of these, it's a good idea to check your immunisation status...](#)
- [Immunisation and pregnancy](#)
[Immunisation can protect a woman and her unborn baby against many infectious diseases...](#)
- [Dr Margaret's Story \(video\)](#)
[Access to vaccines has changed lives and protects our children from crippling diseases such as polio...](#)
- [Ros' Story \(video\)](#)
[Talk to a qualified medical expert like your doctor to find out more about immunisation...](#)
- [Caitlin and Liam's story \(video\)](#)
[Find out how important you and your child's immunisation is to the most vulnerable members in our community...](#)
- [Immunisations - vaccinations in Victoria, Australia \(video\)](#)
[Vaccinations are encouraged for all individuals living in the state of Victoria, Australia. The immunisation program in Victoria may be different than other countries, and individuals who have moved...](#)
- [Immunisation in secondary schools](#)
[Some immunisations are recommended for all Australian teenagers...](#)
- [Time to immunise - free vaccines for men who have sex with men](#)
[Immunisation is one of the best ways you can protect yourself and others from infectious diseases in our community. In partnership with Thorne Harbour Health \(formerly Victorian AIDS Council\), the...](#)
- [Children and health services](#)
[There is a range of subsidised and free health services, including services for mental health and dental health, available for children in Victoria...](#)

Keeping yourself healthy

- [10 tips for happier step-parenting](#)
[Give your undivided attention when your child asks for it ... 10 tips for happier step-parenting...](#)
- [10 tips for managing sibling rivalry](#)
[Teach your children to sort out minor differences themselves... 10 tips for managing sibling rivalry...](#)
- [10 tips to raise an optimistic child](#)
[Be a positive role model ... 10 tips to raise an optimistic child...](#)
- [Abdominal pain in children](#)

[Children may feel stomach pain for a range of reasons and may need treatment...](#)

- [About child, family and relationship services \(video\)](#)

[Services include parent education to maternal and child healthcare, child care, crisis support, child protection, family violence and relationship services...](#)

- [Adoption](#)

[Adoption can give a secure family life to children who can't live with their birth family...](#)

- [Agoraphobia](#)

[A person with agoraphobia is afraid to leave familiar environments, because they are afraid of having a panic attack...](#)

- [A Healthy Start to School](#)

[A Healthy Start to School – a guide for parents of children in their foundation year of school...](#)

- [A Healthy Start to School](#)

[A Healthy Start to School – a guide for parents of children in their foundation year of school...](#)

- [Allergies explained](#)

[Allergy occurs when the body overreacts to a 'trigger' that is harmless to most people...](#)

- [Animals and child safety](#)

[Children should always be closely supervised near animals and taught how to behave safely around pets...](#)

- [Anxiety](#)

[Anxiety is extreme worry that interferes with our daily lives. Find out more about anxiety disorders, treatments, trauma, triggers and phobias...](#)

- [Anxiety and depression in men](#)

[Improve your understanding of anxiety and depression, then take action...](#)

- [Anxiety and fear in children](#)

[You can help your child overcome anxiety by taking their fears seriously and encouraging them to talk about their feelings...](#)

- [Anxiety disorders](#)

[Anxiety disorders are common mental health problems that affect many people...](#)

- [Anxiety Disorders - Diagnosis \(video\)](#)

[Anxiety disorders are common, affecting about one in ten with persistent, excessive worrying that can hinder their ability to function. They may worry constantly about things that do not warrant it or...](#)

- [Anxiety Disorders - treatment and support \(video\)](#)

[In this video clip, participants discuss the various forms of treatment and support they have received from medical professionals as well as from other sources. Some of the strategies for managing...](#)

- [Asthma, children and smoking](#)

[Exposure to second-hand smoke increases the risk of children developing asthma and provokes more frequent asthma in children with asthma...](#)

- [Asthma in childhood - triggers \(video\)](#)

[Parents and children talk about some of the factors that can cause a child's asthma to flare up...](#)

- [Asthma - pregnancy and breastfeeding](#)

[Pregnant women with asthma need to continue to take their asthma medication as it is important to the health of both mother and baby that the mother's asthma is well managed...](#)

Children with special needs

- [Autism spectrum disorder \(ASD\)](#)

[ASD is a complex disorder that affects a person's ability to interact with the world around them...](#)

- [Autism spectrum disorder - tips for parents](#)

[Autism spectrum disorder is a lifelong condition, but you are not on your own and there are plenty of professionals and groups who can help...](#)

- [Disability and sexuality](#)

[Sexuality is a key part of human nature. Expressing sexuality in satisfying ways is important for everyone, including people with a disability. Some people with](#)

[disability may need additional support...](#)

- [Disability - schooling choices](#)

[If your child has a disability, you need to consider extra issues when your child starts school...](#)

- [Down syndrome and family support](#)

[For a person with Down syndrome, being included in all aspects of family life can lead to a successful life within the community...](#)

- [Down syndrome and health](#)

[There are a number of significant health and medical issues that are more common in people with Down syndrome...](#)

- [Down syndrome and learning](#)

[You should focus on what your child with Down syndrome can do, rather than what they can't do...](#)

- [Intellectual disability and sexuality](#)

[People with intellectual disability can express their sexuality in satisfying ways...](#)

- [Sex and chronic illness](#)

[Sexuality is a key part of human nature. Expressing sexuality in satisfying ways is important for everyone, including people with a disability. Some people with disability may need additional support...](#)

Child safety and accident prevention

- [Animals and child safety](#)

[Children should always be closely supervised near animals and taught how to behave safely around pets...](#)

- [Bicycle safety and children](#)

[As they grow and develop, and with the help of adults, children become increasingly aware of how they can manage their own safety and become safer road and bicycle users...](#)

- [Body image – tips for parents](#)

[Give your child opportunities to appreciate their body for what it can do, rather than what it looks like...](#)

- [Bullying](#)

[Parents can help with bullying by supporting their child and involving the authorities to find solutions...](#)

- [Child safety and injury prevention](#)

[By making a few practical changes to your home, you can dramatically reduce the risk of injury to your child...](#)

- [Child safety – at home](#)

[The best way to reduce the risk of injury to children is to remove a potentially dangerous item or add a safety product...](#)

- [Child safety in the car](#)

[Taking care to restrain children correctly while travelling in a car is the best way to prevent injuries...](#)

- [Farm safety – children](#)

[Children who live on farms are at greater risk of injury and death than their parents or other farm workers...](#)

- [Hot weather and child safety](#)

[Babies and children can quickly lose body fluids in hot weather, which can lead to dehydration...](#)

- [Internet safety for children](#)

[A child's digital footprint can be as easy to follow as their real footprints...](#)

- [Mobile phone safety for children](#)

[Teach your child strategies for responding to mobile phone bullying...](#)

- [Playgrounds and child safety](#)

[Play environments can be safe and beneficial for your child. With proper planning, you can make sure your child gets plenty of playtime activity...](#)

- [Poisoning and child safety](#)

[Call the Poisons Information Centre on 13 11 26 immediately if you suspect your child has been poisoned or given the wrong medicine or the wrong dose of medicine...](#)

- [Road and traffic safety for children](#)

[As they grow and develop, and with the help of adults, children become increasingly aware of how they can manage their own safety, and become safer road users...](#)

- [Water safety for children](#)

[Toddlers are most at risk of drowning because they are mobile and curious but don't understand the danger of water...](#)

Child protection and family violence

- [Bullying](#)

[Parents can help with bullying by supporting their child and involving the authorities to find solutions...](#)

- [Child abuse - reporting procedures](#)

[Any person who believes, on reasonable grounds, that a child needs protection can notify Child Protection...](#)

- [Child Protection Service](#)

[Child Protection provides child-centred, family-focused services to protect children from harm caused by abuse within the family...](#)

- [Family violence - tips for children](#)

[Kids are not to blame for violence at home, it's not your fault and it's not a special secret...](#)

- [Parenting support to help prevent abuse](#)

[There is a range of non-government agencies available to help families under stress in caring for their children...](#)

- [Recognising when a child is at risk](#)

[Too many children are physically, sexually and emotionally abused and when this happens, it is up to adults to speak up...](#)

- [Sexual abuse - helping your child](#)

[As a parent, you have an important role in helping your child recover from sexual abuse...](#)

Grief and trauma

- [Death of a baby](#)

[Miscarriage, stillbirth or neonatal death is a shattering event for those expecting a baby, and for their families. Grief, relationship stresses and anxiety about subsequent pregnancies are common in...](#)

- [Grief and children](#)

[It can be difficult to talk to a child about death, but it is important to be honest with them...](#)

- [Grief – support services](#)

[People who have support from family and friends are less likely to suffer poor health after bereavement and loss...](#)

- [Recent arrivals, asylum seekers and family support services](#)

[Provides an overview of family support programs and health services available to refugees and asylum seekers living in Victoria...](#)

- [Sudden unexpected death in infants \(SUDI and SIDS\)](#)

[You can reduce your baby's risk of sudden unexpected death by providing a safe sleeping environment and avoiding tobacco smoke...](#)

- [Trauma and children - newborns to two years](#)

[Babies and toddlers can be as affected by trauma as any other family member...](#)

- [Trauma and children - two to five years](#)

[Preschoolers may not have the words but will show their distress at traumatic events through changes in behaviour and functioning...](#)

- [Trauma and families](#)

[When a family is affected by trauma, everyone will react in a different way...](#)

- [Trauma and primary school age children](#)

[Children look to their parents or carers to judge how to deal with a crisis...](#)

- [Trauma and teenagers - common reactions](#)

[A teenager may be deeply upset by a traumatic event, but not share their feelings with their parents...](#)

- [Trauma and teenagers - tips for parents](#)
[Teenagers may turn to friends rather than parents for support in times of trauma and distress...](#)
- [Trauma - reaction and recovery](#)
[It is normal to have strong emotional or physical reactions after a distressing or frightening event, and help is available...](#)
- [Youth suicide – the warning signs](#)
[All suicide threats are serious. You don't have to be a trained professional to help a person contemplating suicide...](#)

Support for parents

- [About child, family and relationship services \(video\)](#)
[Services include parent education to maternal and child healthcare, child care, crisis support, child protection, family violence and relationship services...](#)
- [A Healthy Start to School](#)
[A Healthy Start to School – a guide for parents of children in their foundation year of school...](#)
- [A Healthy Start to School](#)
[A Healthy Start to School – a guide for parents of children in their foundation year of school...](#)
- [Children and health services](#)
[There is a range of subsidised and free health services, including services for mental health and dental health, available for children in Victoria...](#)
- [Community health centres](#)
[A community health centre is publicly funded and offers a range of health services to local residents...](#)
- [Early support for a child with disabilities](#)
[For children diagnosed with a disability, getting the support they need as early as possible will give them the best chance of minimising the long-term effects of the disability...](#)
- [Family and child support services](#)
[There are many government funded family support services available to help parents and young people deal with family issues...](#)
- [Foster care, permanent care and adoptive parent support services](#)
[Provides an overview of the financial and family support services available to foster carers, families providing permanent care and adoptive parents...](#)
- [Maternal and child health services](#)
[Your local maternal and child health service will be a great source of support after your baby is born...](#)
- [Parenting centres support families](#)
[Early Parenting Centres help families whose children have sleep, feeding or other difficulties...](#)
- [Parenting children through puberty](#)
[Puberty is a time of great change for your child, and for you as a parent too. You can help your child in many practical ways, mostly by being reassuring...](#)
- [Parenting on your own](#)
[A person can become a single or sole parent for many different reasons. You may have chosen to start a family on your own, you may be separated or divorced, or your partner may have died. As a...](#)
- [Parenting support to help prevent abuse](#)
[There is a range of non-government agencies available to help families under stress in caring for their children...](#)
- [Phototherapy at Home](#)
[Jaundice is very common in newborns, so it's nothing to be too worried about. Treatment is very easy and safe. It all happens using blue light from a special blanket that you wrap your baby in. The...](#)
- [Recent arrivals, asylum seekers and family support services](#)
[Provides an overview of family support programs and health services available to refugees and asylum seekers living in Victoria...](#)
- [Relationship support services](#)
[You may need outside help to resolve problems and ensure your relationship stays healthy and strong...](#)
- [Year 12 exams - managing stress](#)

[Help your child manage stress during exams by getting them to use good study habits, eat well, exercise, relax, sleep and keep things in perspective...](#)

Related information

- [Body image - tips for parents](#)

Give your child opportunities to appreciate their body for what it can do, rather than what it looks like...

- [Happy families](#)

It might be valuable to occasionally evaluate the dynamics of your family to ensure that everyone is as happy as they could be...

- [Teenage health](#)

Young people have to work through a broad range of issues as they move from childhood to adulthood...

- [Teenagers and communication](#)

Teenage years can be difficult for families. Young people may develop ideas, values and beliefs that are different to those of their parents...

Content Partner

This page has been produced in consultation with and approved by: Relationships Australia Victoria



Last updated: January 2017

Content on this website is provided for information purposes only. Information about a therapy, service, product or treatment does not in any way endorse or support such therapy, service, product or treatment and is not intended to replace advice from your doctor or other registered health professional. The information and materials contained on this website are not intended to constitute a comprehensive guide concerning all aspects of the therapy, product or treatment described on the website. All users are urged to always seek advice from a registered health care professional for diagnosis and answers to their medical questions and to ascertain whether the particular therapy, service, product or treatment described on the website is suitable in their circumstances. The State of Victoria and the Department of Health & Human Services shall not bear any liability for reliance by any user on the materials contained on this website.



NURSE-ON-CALL

Provides immediate, expert health advice from a registered nurse. Call 1300 60 60 24

[NURSE-ON-CALL](#)

Service Search

Service Search

Find services near you

Service:

Location:

Type a minimum of three characters then press UP or DOWN on the keyboard to navigate the autocompleted search results

[Use my location](#)

Recent Activity

17 people have watched a video today

- **[Health topics](#)**

- [Conditions and treatments](#)
- [Healthy living](#)
- [Services and support](#)
-

- **[Explore](#)**

- [Recipes](#)
- [Healthy pantry](#)
- [Videos](#)
- [Consumer medicine information](#)
- [Multilingual health information - Health Translations Directory](#)

- **[About](#)**

- [About us](#)
- [Accessibility](#)
- [Content partners](#)
- [Privacy](#)
- [Terms of use](#)
- [Contact us](#)

- **[Connect with us](#)**

- [Facebook](#)
- [Twitter](#)
- [YouTube](#)

Page last reviewed: 04 Jan 2017

<https://www.betterhealth.vic.gov.au:443/health/healthyliving/Parenting-children-through-puberty>

- <https://www.betterhealth.vic.gov.au:443/about/privacy>

[Privacy Statement](#)

- <https://www.betterhealth.vic.gov.au:443/about/terms-of-use>

[Copyright Notice](#)

- <https://www.betterhealth.vic.gov.au:443/about/terms-of-use>

[Disclaimer Notice](#)

This web site is managed and authorised by the Department of Health & Human Services, State Government of Victoria, Australia

© Copyright State of Victoria 2018.

[Back to Top](#)

This page has been produced in consultation with and approved by:

Relationships Australia Victoria

Content on this website is provided for information purposes only. Information about a therapy, service, product or treatment does not in any way endorse or support such therapy, service, product or treatment and is not intended to replace advice from your doctor or other registered health professional. The information and materials contained on this website are not intended to constitute a comprehensive guide concerning all aspects of the therapy, product or treatment described on the website. All users are urged to always seek advice from a registered health care professional for diagnosis and answers to their medical questions and to ascertain whether the particular therapy, service, product or treatment described on the website is suitable in their circumstances. The State of Victoria and the Department of Health & Human Services shall not bear any liability for reliance by any user on the materials contained on this website.

For the latest updates and more information, visit www.betterhealth.vic.gov.au

Copyright © 1999/2019 State of Victoria. Reproduced from the Better Health Channel (www.betterhealth.vic.gov.au) at no cost with permission of the Victorian Minister for Health. Unauthorised reproduction and other uses comprised in the copyright are prohibited without permission.

betterhealth.vic.gov.au

