

Caroline McGuire

By : Cecelia Allison

There are two things a typical teenager dreads: waking up early, and having a conversation with their parents. Adolescents are constantly surrounded by pressure. Whether this pressure is from friends or school, most kids tend to feel stress. This stress along with surges of hormones causes the typical 13-18 year-old to experience extremes of emotions. Sometimes, the negative emotions are aimed at the teen's parents. The most obvious solution seems to be a mature conversation between the family, yet, in today's age that seems difficult.

Caroline McGuire helps families maintain that parent-teenager relationship. Ms. McGuire is one of the owners and clinicians at Mt. Lebanon Counseling Center. She will be giving a presentation at the PTSA meeting October 11th at 9:15 at the High School. Mrs. McGuire's presentation will give parents an opportunity to learn valuable information on how to maintain a healthy relationship with their child. She encourages parents to "maintain their own anxious thoughts and feelings" while speaking to their child in order to create an effective exchange of communication. The PTSA encourages parents with adolescent children to attend this meeting to improve their relationship with their child.