

“I feel funny”



Your family is going through changes.
And so are you.

An illustrated guide to parent puberty.

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1st edition . Illustrated by Henn Kim

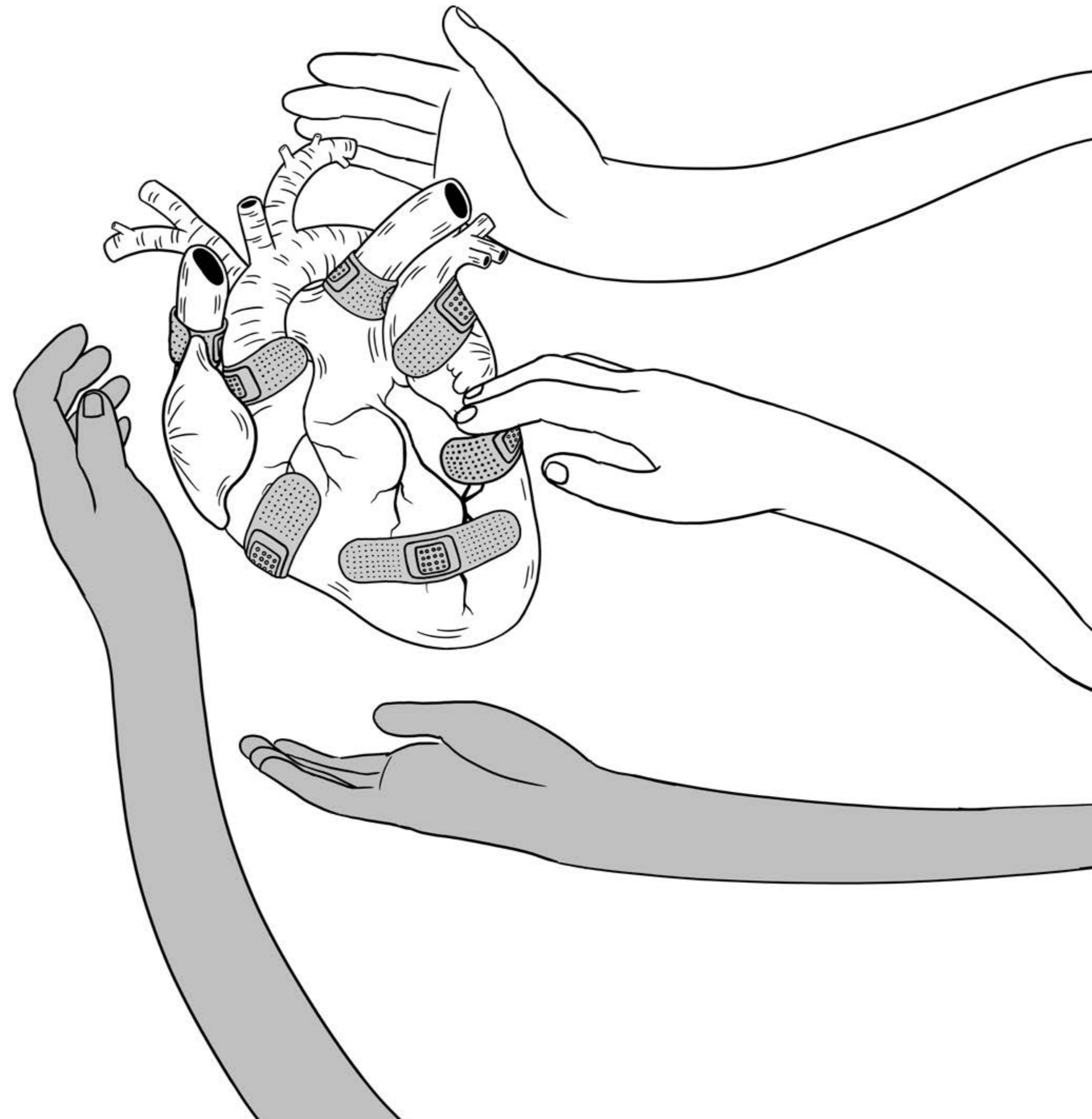
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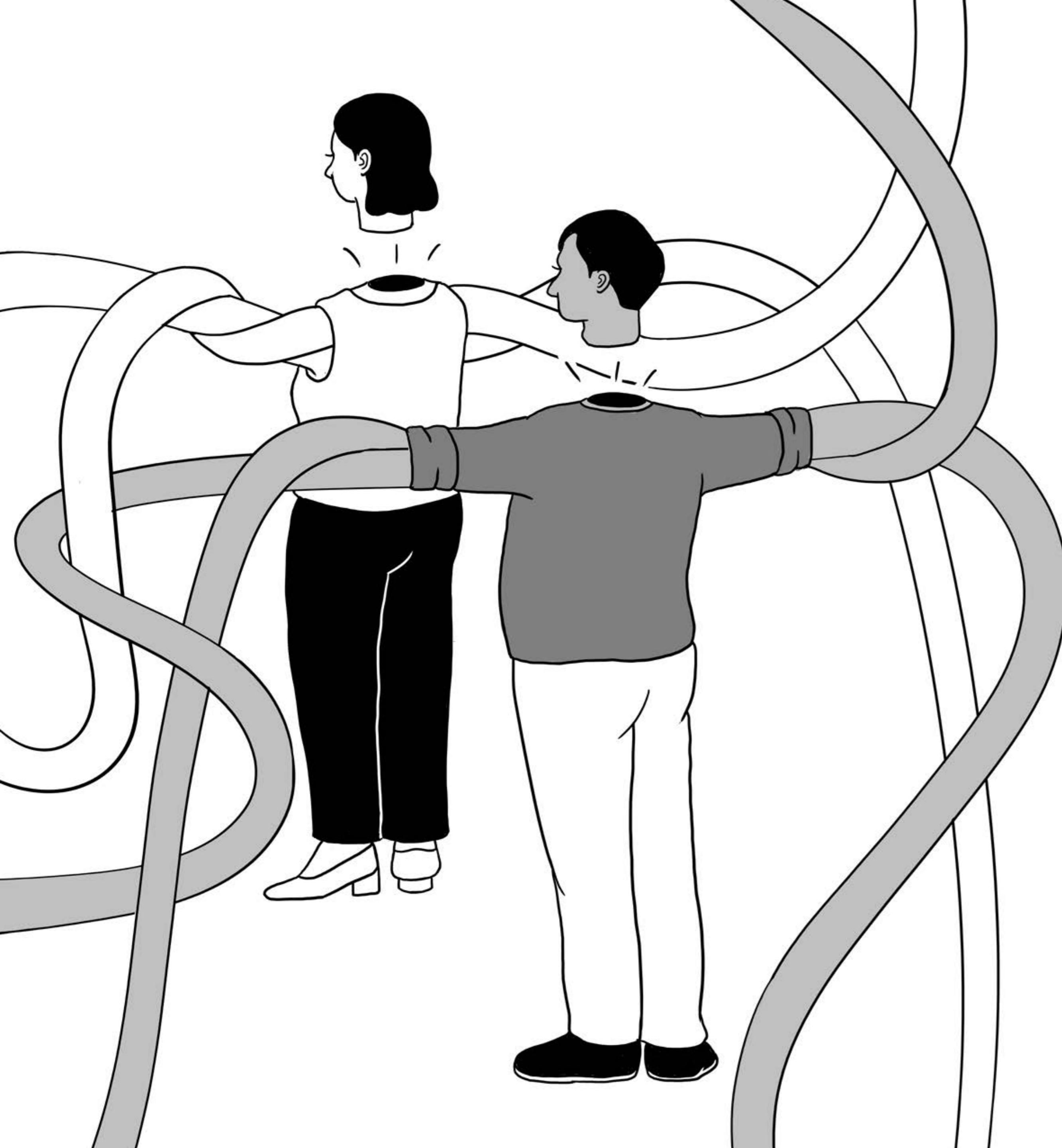
Dedicated to every awkward parent who's not quite sure how to handle their kid coming of age.

Don't worry. You'll get through it.

"I feel funny"

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Parent Puberty

It happens to every parent when their kid hits a certain age.

The anxiety flashes. The worry sweats. The odd urge to check in on them when you know they're just upstairs in their bedroom. You're going through parent puberty.

You see, when our kids start growing up and going through changes, we do too. In the following pages, we'll explore some of the telltale signs that parent puberty is happening. Some are painfully awkward and others are just...embarrassing.

Don't freak out — it's totally normal.



STAGE 1: ONSET

The winds of change are blowing

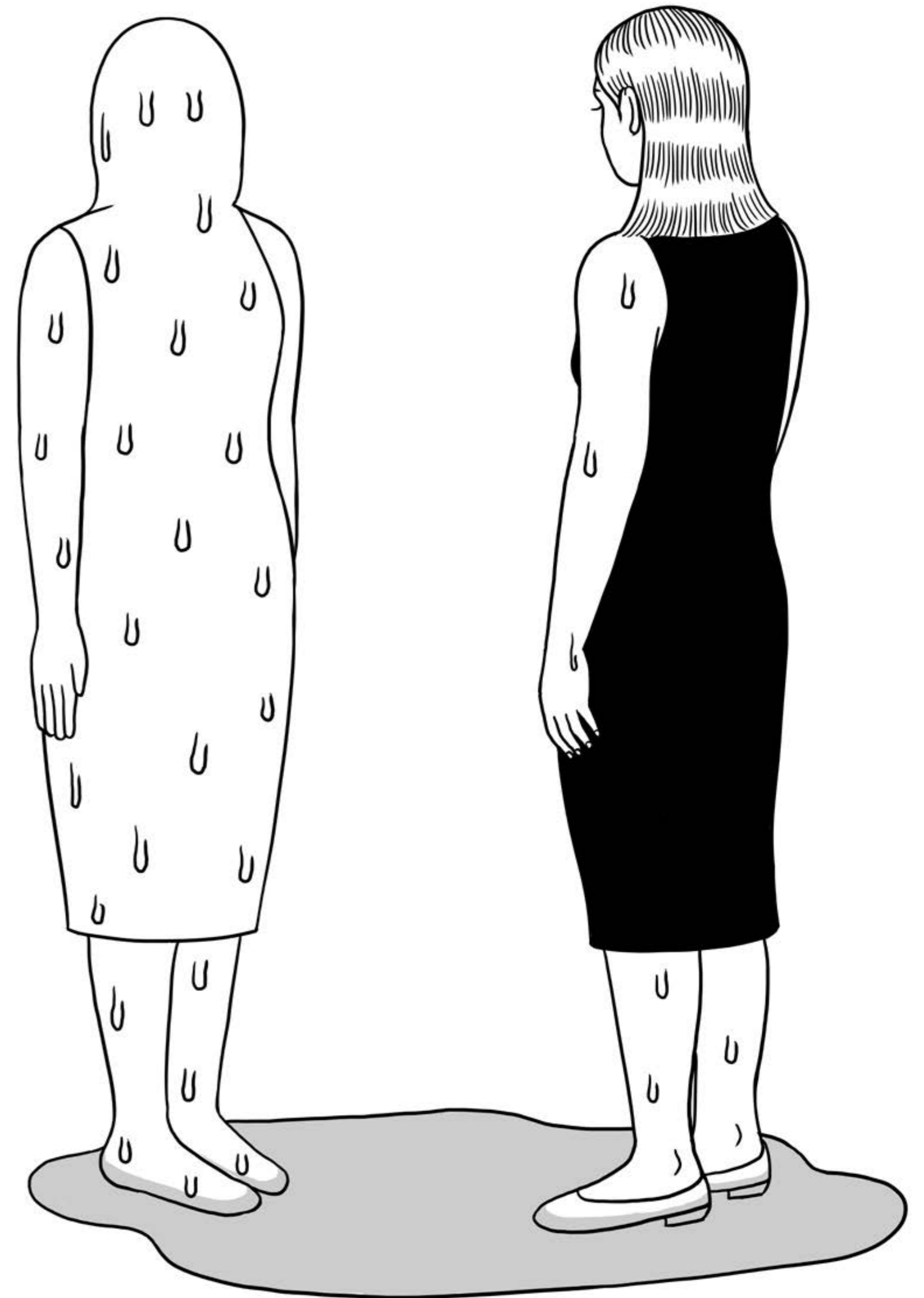
Change happens so slowly; sometimes you barely notice it until it slaps you in the face like a powerful gust of wind. Realizing your growing kids are pushing you into a new phase of parenting that's less cute and more emotional is one of life's cruellest face slaps.

Yes, the winds of change are blowing in the first signs of parent puberty. The road ahead is peppered with new confusing feelings and heightened emotions. *Brace yourself.*

“This sweat feels different”

It’s cold, spine-chilling, and pours out of you whenever your kids mention “dating” or “learning to drive.”

The reality of your kid growing into a teen who does stuff on their own has you spontaneously breaking into an unfamiliar panic sweat that hits you like a tsunami. Each wave is as unpredictable as your kid’s attitude right now, so you’d be wise to always pack an extra shirt.



“What are these unexpected urges?”

They are sudden, powerful, and totally unexpected.

Like the urge to buckle your kid to the couch, dig a moat around the house, or to text them every 20 seconds.

The urges come at weird times too. Not just after the ignored texts, but even after the rare times they respond. Like when they say they're going out for sushi and you find yourself blindsided by the uncontrollable urge to slash their tires.



“Yuck. Just Yuck.”

Somehow, you’ve gone from being cool in your kid’s eyes to being seen as a smothering wet blanket.

Every time your kid makes a weird friend or questionable style choice, you bundle them up in an uncomfortable wrapper of worry and disapproval.

You know they can’t stand it and heck, you can’t either. But you’re consumed with the idea that letting them go to the concert or get the nose ring will send them drifting into the counterculture, *never to return*.

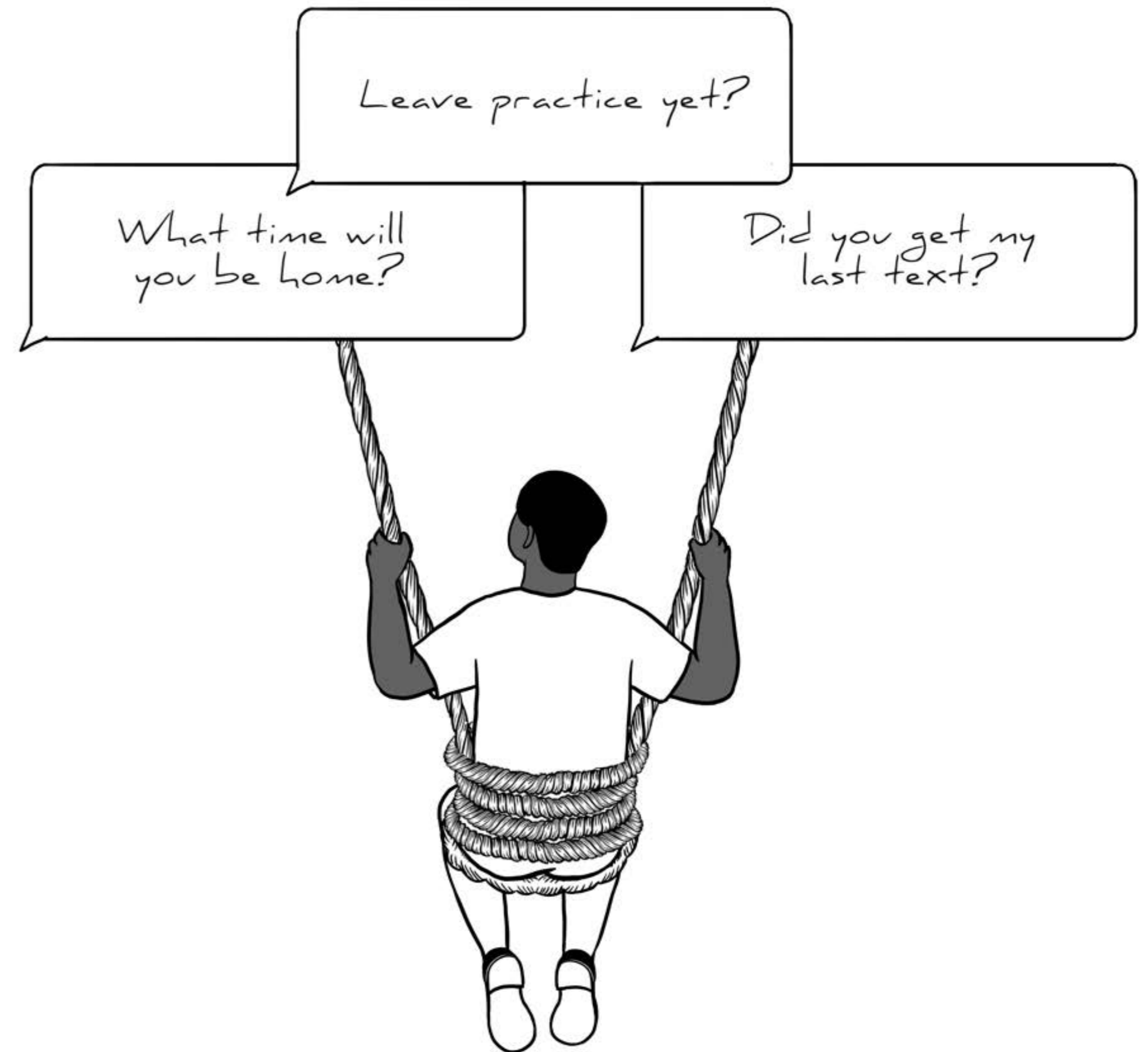


“Why won’t you answer me?!”

Your text convos are a sad, one-sided stream of texts gone unanswered.

Communicating with your kids used to be a two-way street. Now you feel like you’re on a one-way to total abandonment. And for some reason, every snub compels you to fire off more insecure word vomit.

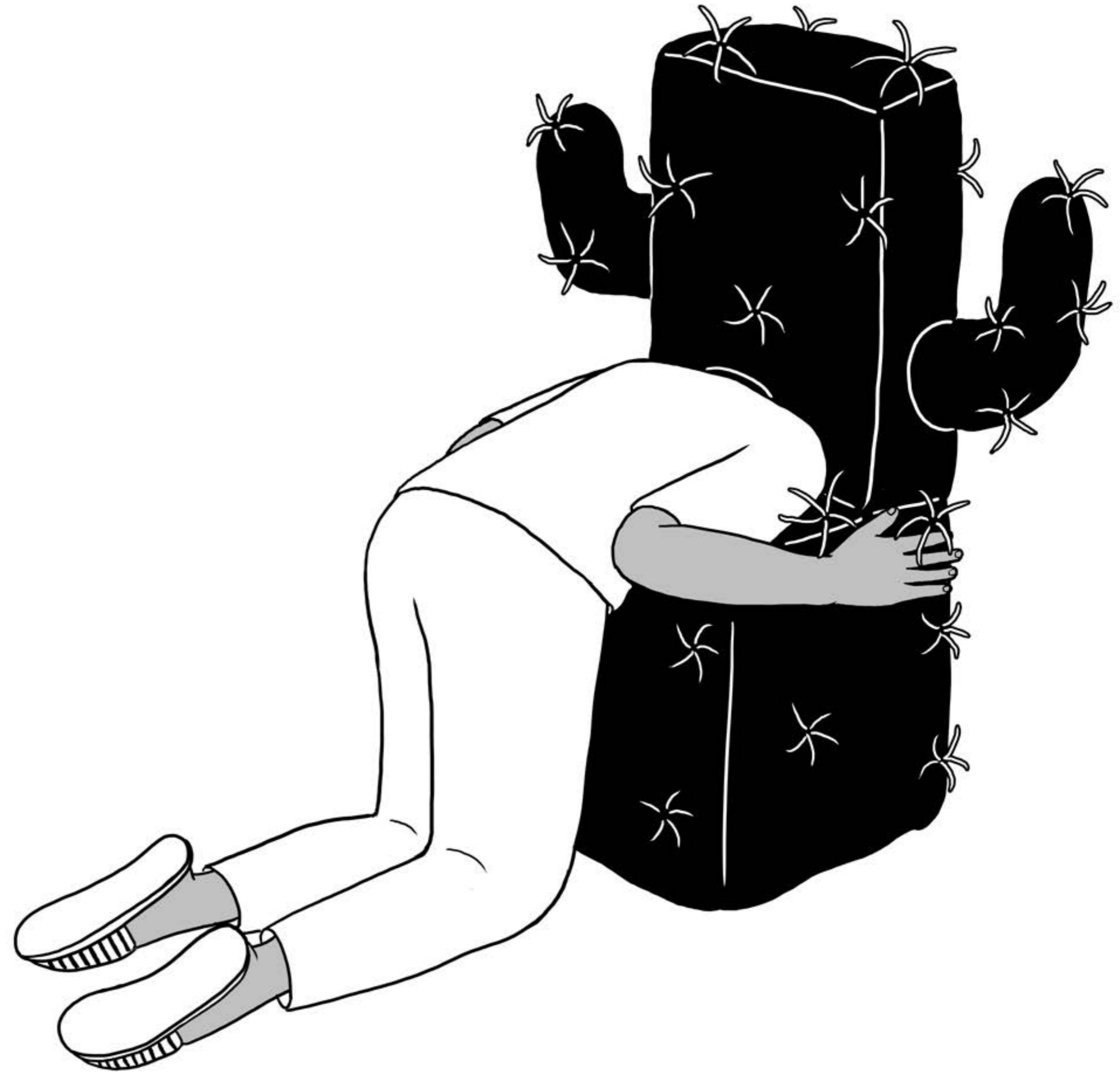
The only way you can seem to get a response these days is when you text something about their allowance or having pizza for dinner. *You’ve already had pizza three times this week.*

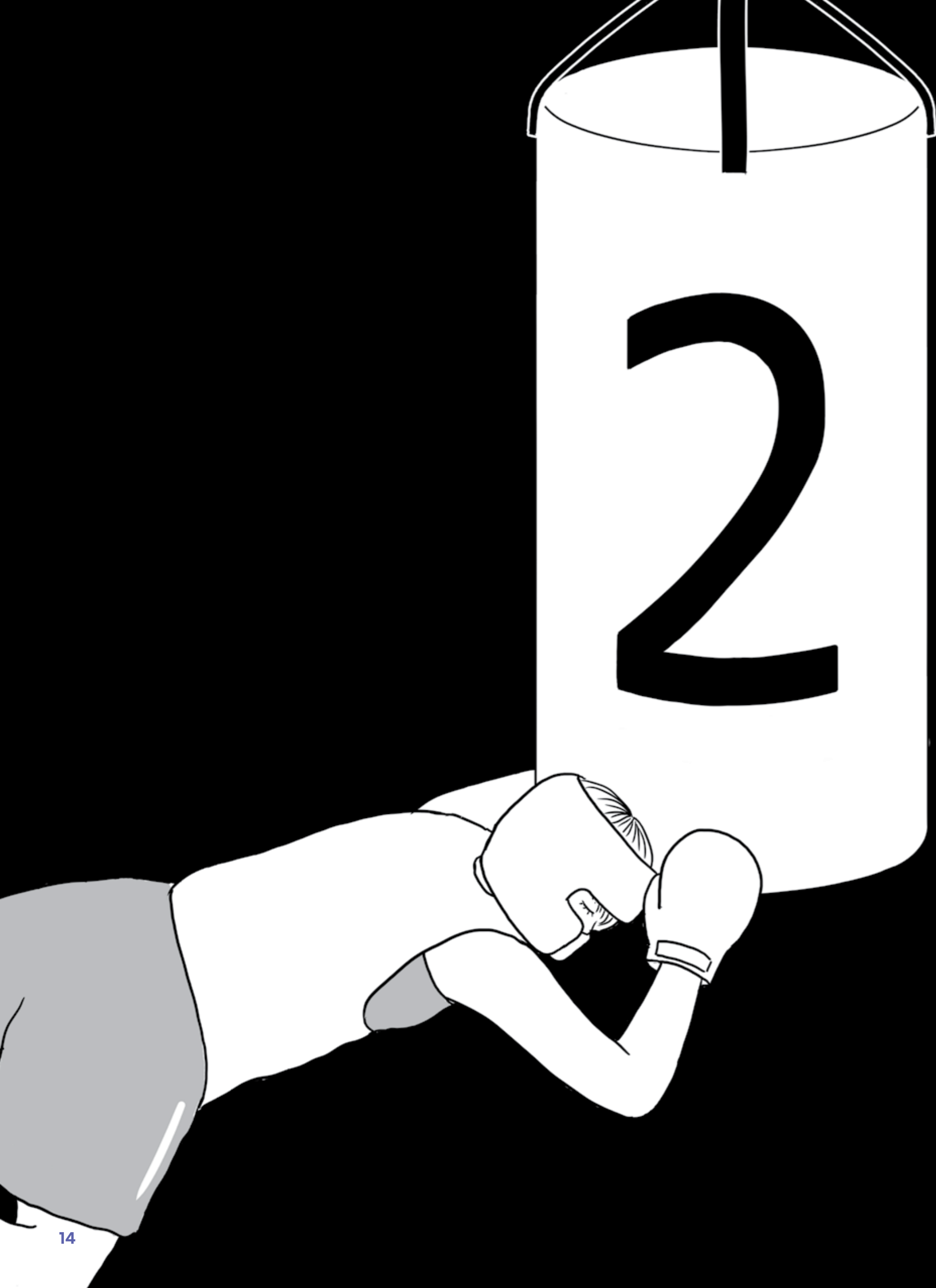


“This is an unpleasant tingle”

There’s a prickly anxiety that crawls over every square inch of skin the first time your kid asks to go to a party.

The tingle isn’t anything like that invigorated feeling you get when you lather up with a refreshing bar of soap. It’s uncomfortable. And it doesn’t go away ‘til you hear the sound of their key turning the lock or you fall asleep waiting by the window. Whatever comes first.





STAGE 2: ESCALATION

You're in a fight with your own feelings

Unfortunately, when it comes to parent puberty, you've got to roll with the punches and work through all the weirdness that comes with this emotionally charged time.

You've got to fight the good fight.

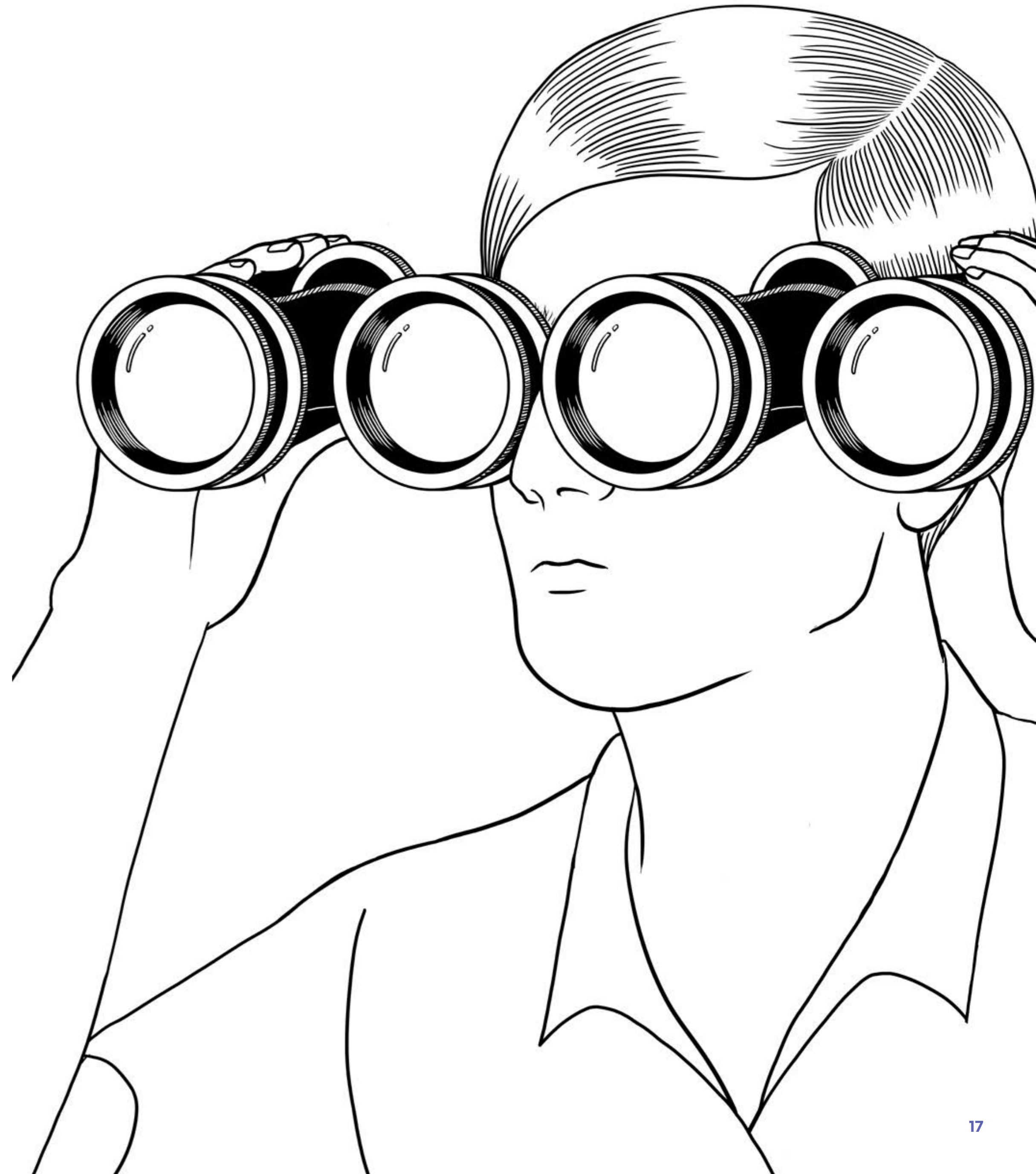
And we don't mean the argument that ensues every time your kid turns up five minutes past curfew. We mean the battle that's currently raging between you and your own thoughts and feelings.

“Go away! But stay where I can see you”

One of the hardest realizations that comes with parent puberty is that you're in a needy relationship. With your kid.

You want them to explore their independence, *but you need them to need you.*

You want them to go out and have fun, but you try to tag along everywhere they go. You want them to drive themselves to practice, but only with you in the passenger seat. It's a confusing, flip-floppy cycle you can't seem to break.



“They call me stompy”

You had a temper tantrum the other day. Just like a kid in a candy aisle, only way less cute and with longer limbs.

The weird thing is that now you can't really remember what fueled this display of adult angst. Because with all the sass, slammed doors, and silent treatment your kid serves up daily, it seems like you're in a constant state of borderline freak out.

It's not a good look. Luckily, as you slowly start to learn to let stuff go, it's a temporary one.

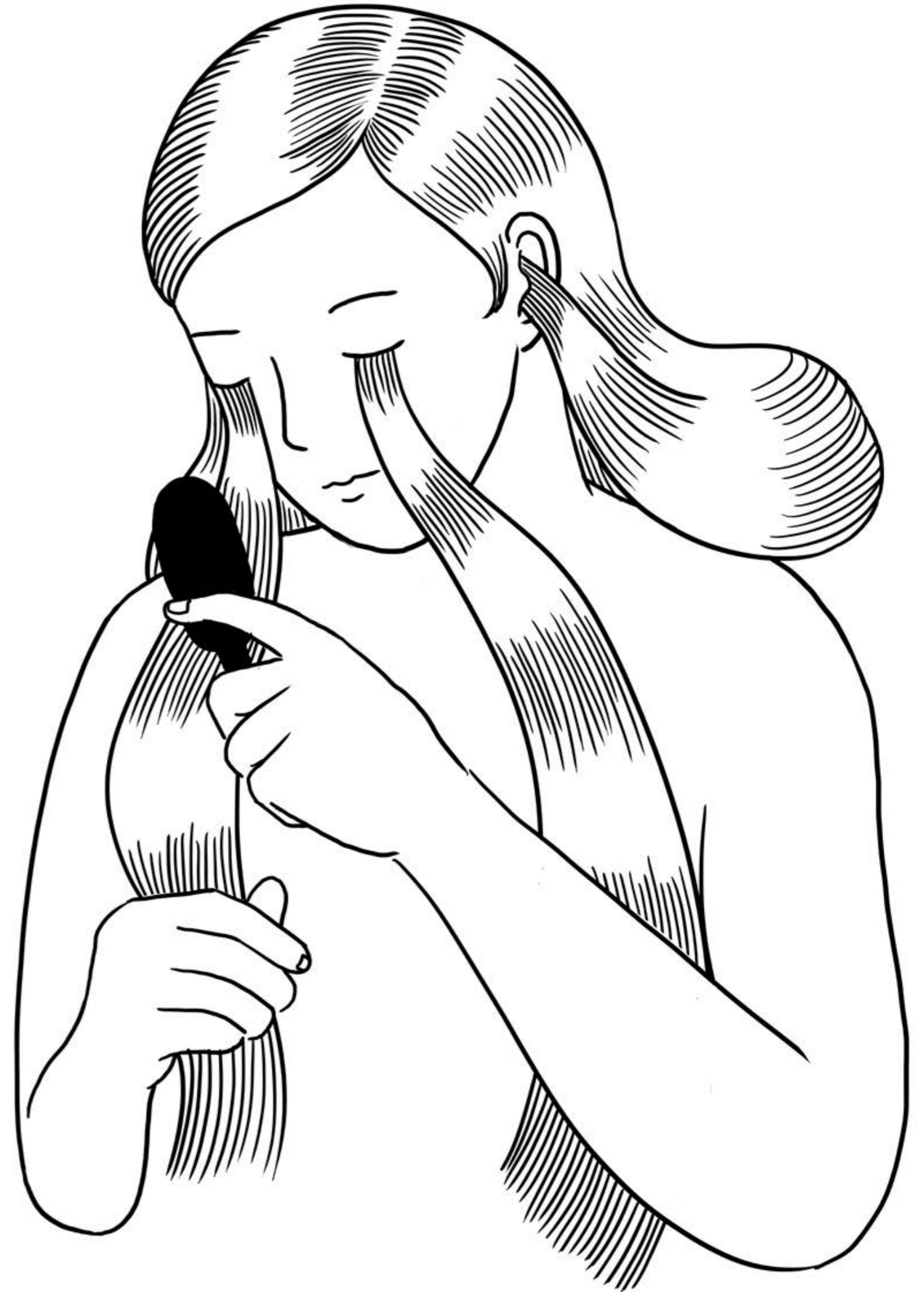


“My hair can’t take any more”

It stands on end. It falls out. Some of it turns grey. And more of it turns up in places it shouldn’t.

You wonder what happened to the parent in the family photo from five years ago. You know, the one with the glorious, unruffled coiffe? Exhaustion, frustration, and repeatedly asking yourself, “am I doing this wrong?” That’s what.

Because navigating parent puberty is frustrating. And confusing. It makes you want to pull all your hair out. All you can do is hold on tight to whatever’s left in your hairbrush.



“I suddenly feel like a planet without life”

Lately, your world feels quiet in a way that makes you extremely uncomfortable.

When your kid was young, you were basically their whole world. Now it seems like they want to spend all of their time out of the house or hiding in their room. *Away from you.*

You're probably fighting urges to drum up excuses and “fun activities” to keep your kid in your orbit where you can see ‘em. But just think how cool it could be to start filling your weird little parent planet with hobbies that aren't coaching every single one of their extra curriculars.

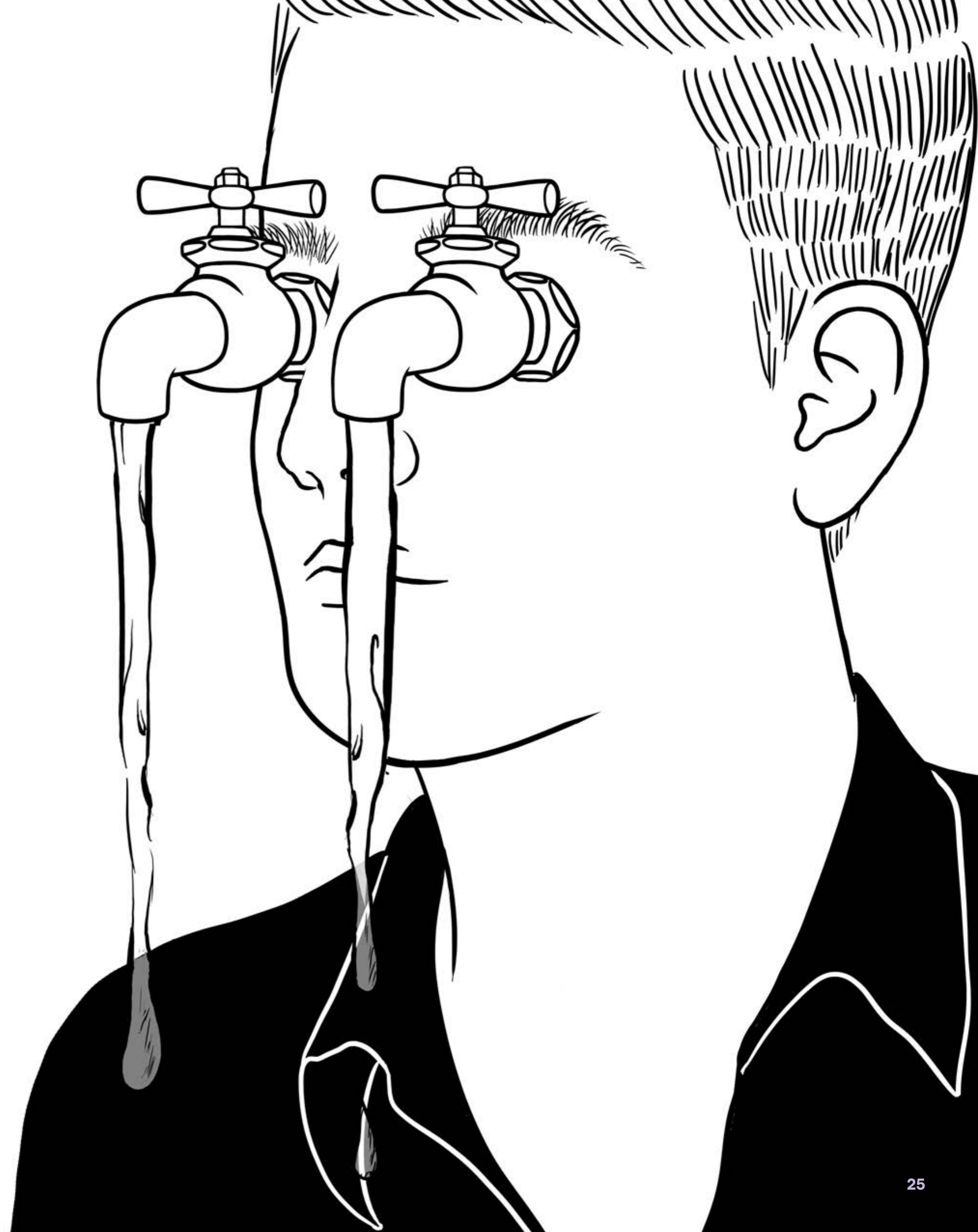


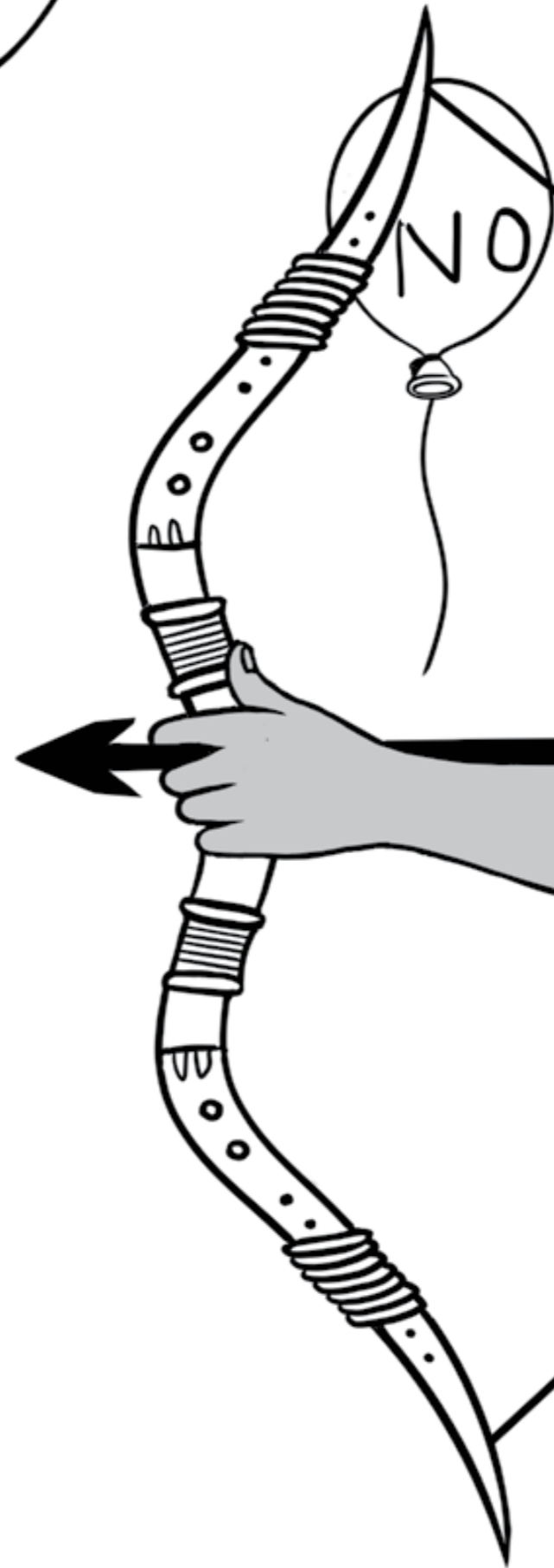
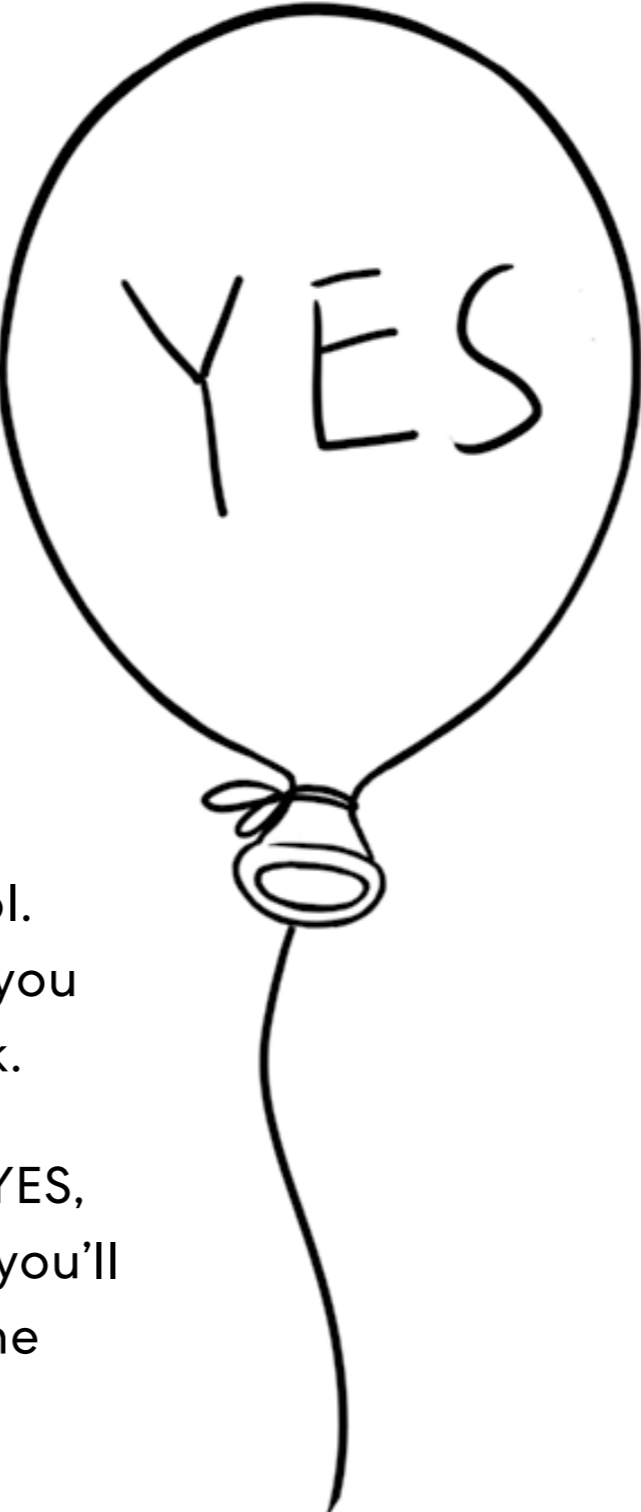
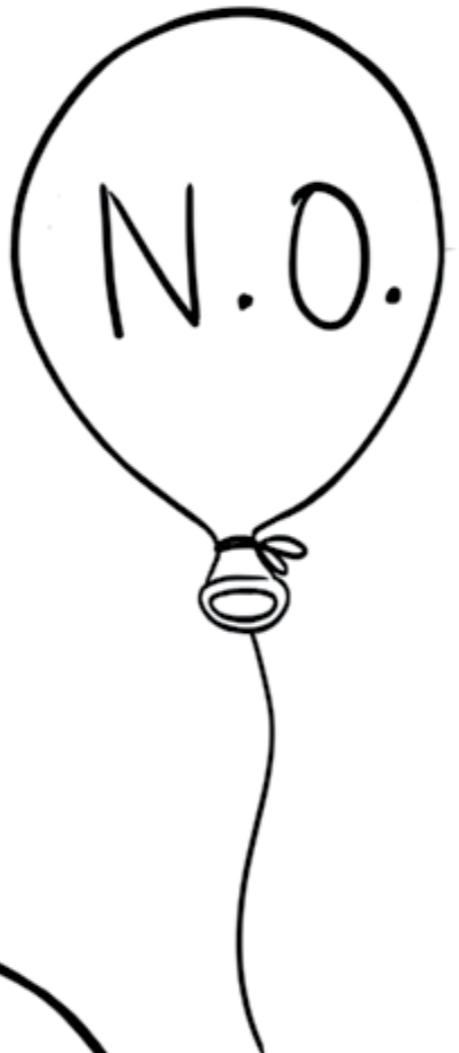
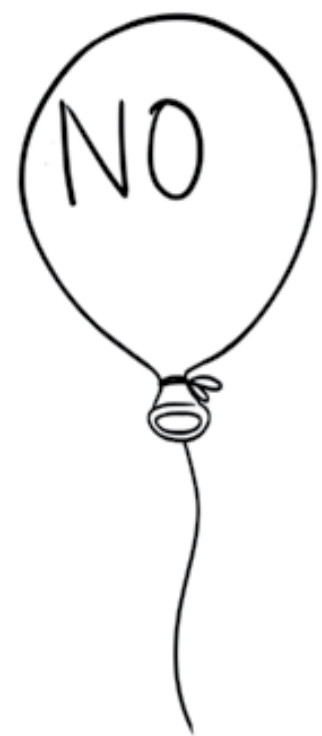
“My eyeballs are incontinent”

Huge shocker: you cried yesterday.

Because these days, just about anything will cue the waterworks. Your kid talks back, you cry. They pretend not to see you when you show up to their soccer game, you cry. They do something that makes you insanely proud, *you cry harder.*

Whether they're happy tears or sad ones, every drop that pours out of your eyeballs is helping grow a new kind of parent-kid bond that's almost ready to burst through the soil.





“I have 78 ways to say No”

You love the rush of power you get from two simple letters – N.O.

“Can I stay out past 10?” No.
“Can you extend the time limit on my phone?” No.
“Can I take the car?” LOL! No.

Every “no” brings you comfort. Keeps you in control. But deep down inside your anxious parent heart, you know that some of them sort of hold your kid back.

Sure, some “nos” are hard as diamonds, because YES, 14 is too young to get a full back tattoo. But soon you’ll begin to discover that sometimes, the best (and the hardest) thing to say, is yes.



STAGE 3: ACCEPTANCE

Emerging from your parental cocoon

You've made it through the awkward parts and guess what? It's still awkward. But you're a big step closer to accepting the fact that your kid is growing up. And you're growing into your own as a parent of a teen too.

Your new parenting life might look a little different and a lot more hormonal, but at least you no longer have to chaperone your kids when they go to crappy concerts.

“My kid’s music taste sucks”

You’ve developed a strong aversion to your kid’s bizarre musical preferences. The way your ears react to their teenager music makes you feel old and out of it.

Does hating their favorite electropop song with a fiery passion make you officially uncool?

Nah, it just means your kid’s music sucks. And in their eyes, yours probably does too. At least you’re the only one who knows how to work your ridiculously complex old school stereo system.



“My stick is in the mud and that’s okay”

You’re changing a lot these days, but there are a lot of things that your family is stuck with forever. Like how you insist on sleeping on the left side of the bed. And how you’ll never EVER approve of your kid pursuing a career as an influencer.

You are still a parent, after all.

But just like how you didn’t get approval from your parents on every potentially regrettable decision you ever made, you’re starting to accept that your kid might not either. Even though it’ll probably make you freak out and cry, you know your kid will probably post tons of selfies someday. They just better not ask you to take the picture.

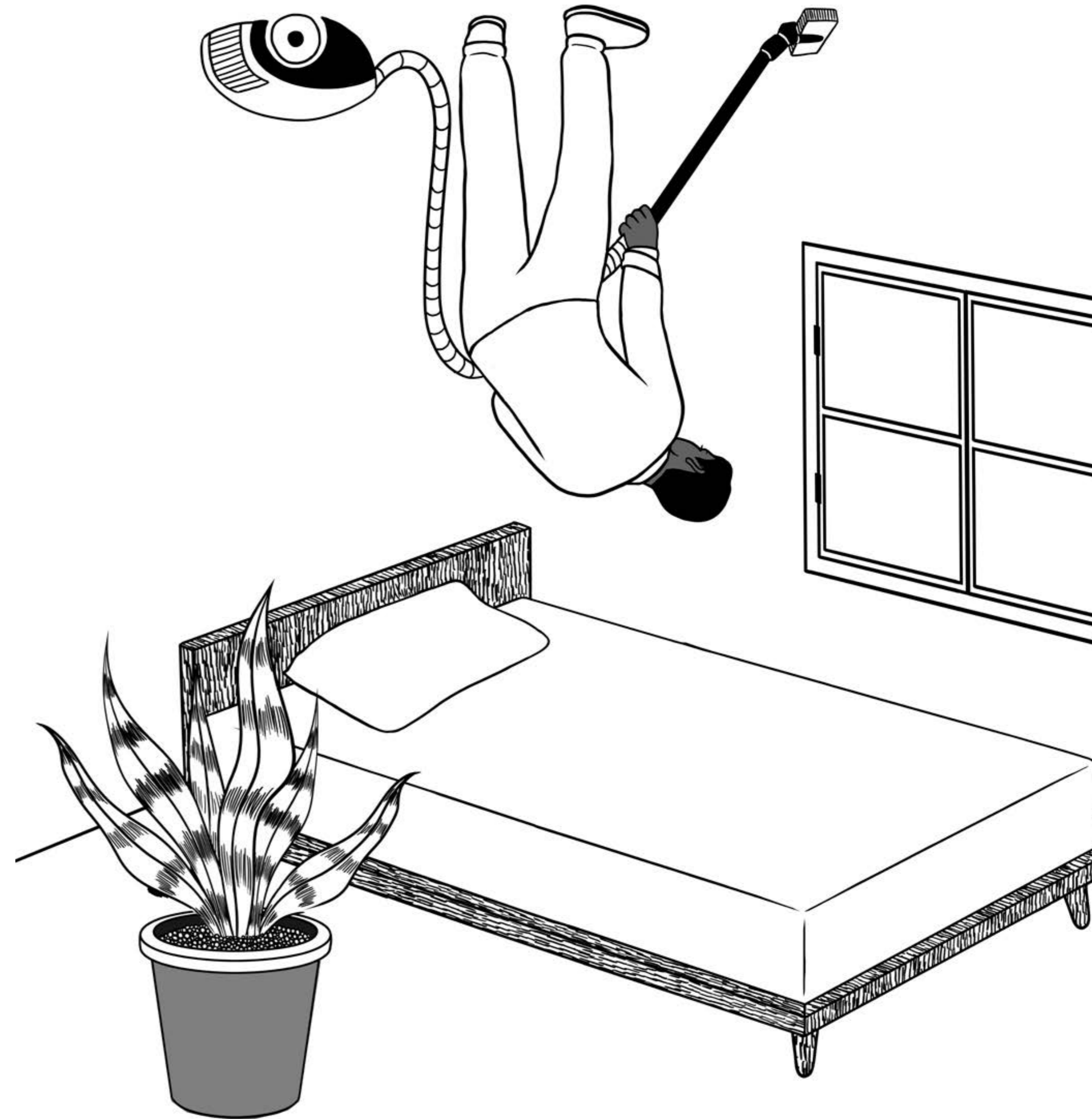


“I’ve mastered the art of puttering”

Your kid spending more time without you doesn’t just leave a big gaping hole in your heart. It leaves one in your schedule too.

You suddenly have all the time in the world to wonder about what they’re doing and if they’re OK. Time you spend desperately trying to distract yourself from the anxiety sweats and urge to forbid them from going out.

You organize and reorganize the garage. You alphabetize the cereal boxes. You vacuum the ceiling. The adjustment is awkward, *but your house looks AMAZING.* And as you grow to accept more time apart, you’ll find ways to turn all that puttering into something purposeful.

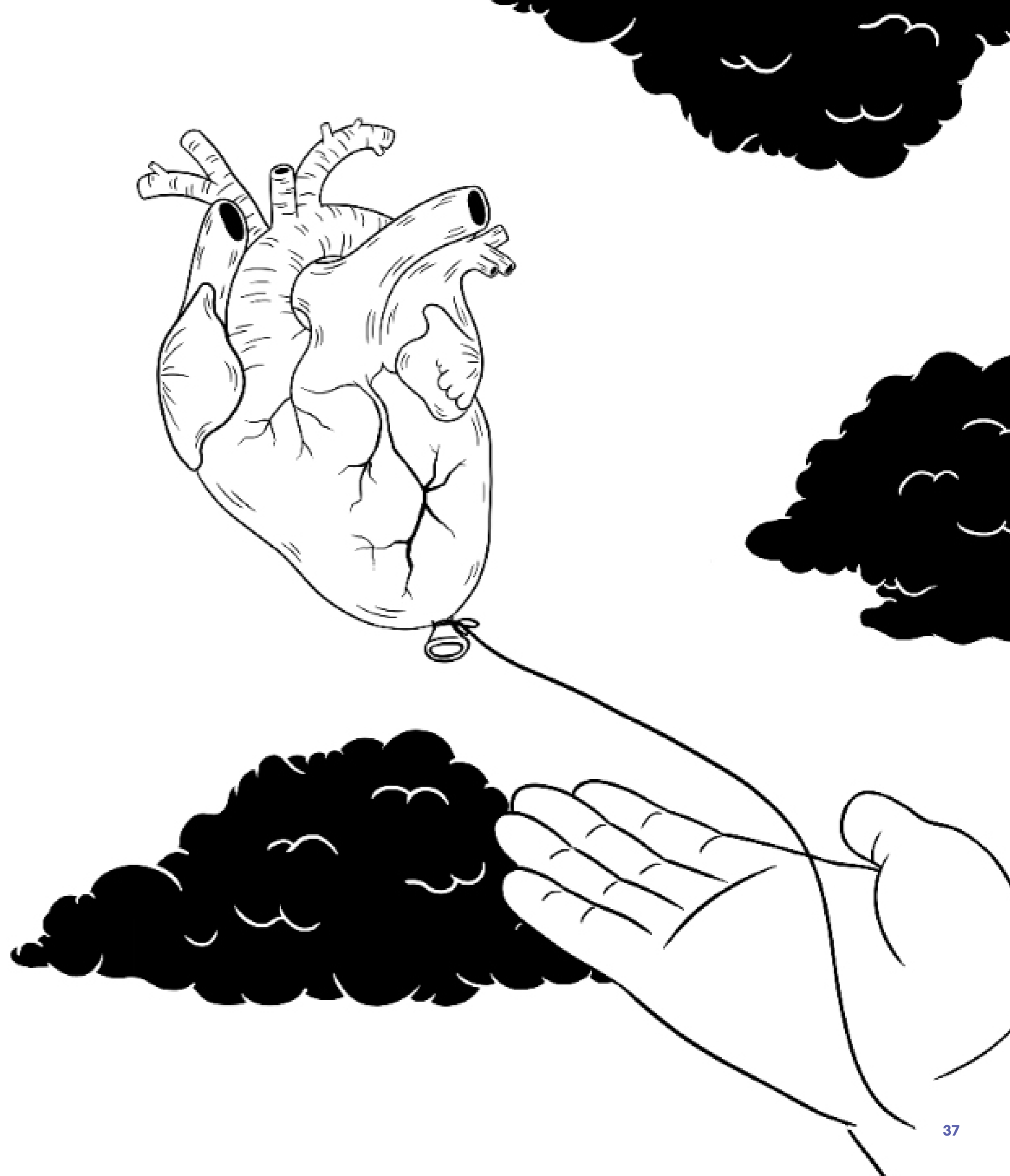


“Absence makes my heart grow anxious (and fonder)”

Every time your kid steps out, it feels like a big part of you walks out the door with them.

Because technically, they ARE a part of you. And lately, you’ve been reminding them of that when they have the gall to not invite you to tag along every time they leave the house.

That anxious feeling that gnaws at your insides when your kid’s out in the world never really goes away, but it does get better. Especially when you get to hear all the cool stories they bring home—when they finally decide to talk to you.



“Awkwardness is my new strength”

Even once you’ve made it through the worst of parent puberty, the reality is you’ll never completely stop annoying your kids.

The truth is, *you’re always going to worry about them.* You’re always going to check in a bit too much. You’re gonna say stuff that makes their eyes roll down the back of their neck. But now you know that doesn’t make you weak — it makes you a perfectly normal parent. Probably even a well-adjusted one.



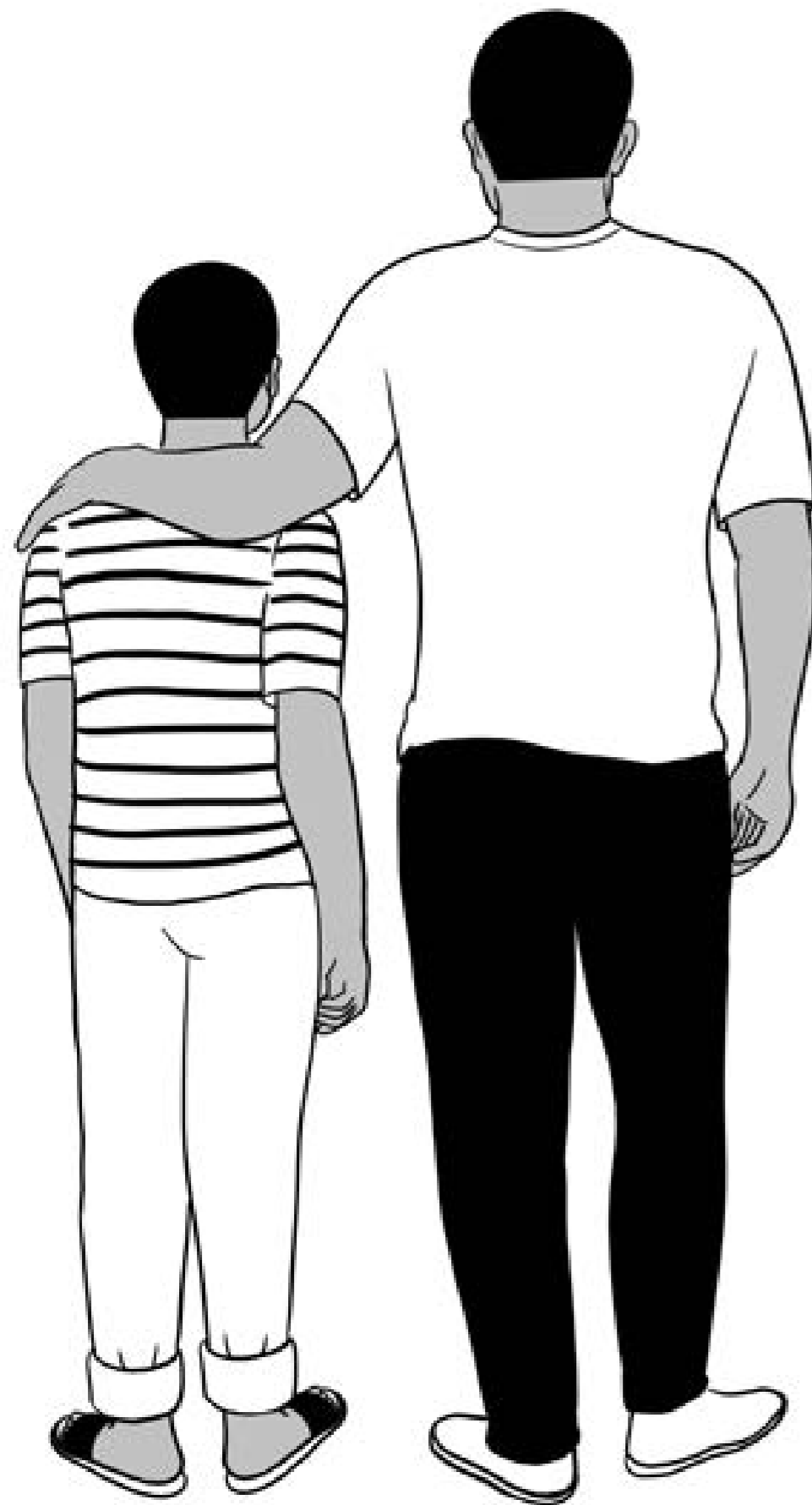
Growing forward

Sometimes, we all feel funny, but as you can see, there's nothing to worry about. With the stress of growing up, parent puberty can feel like your world is ending.

The awesome truth is, it's really just beginning.

Going through parent puberty is just the start of an exciting future. So embrace your changing parenting, because no one is cooler than a confident parent.





Welcome to a new degree of family safety

Life360 is on a mission to simplify safety so families like yours can live fully.

As the old saying goes, it takes a village. We've modernized the village with trained professionals, emergency dispatchers, safety experts, nurses, and specialists — a complete, 24/7 support system available to each family member on the road, online, and throughout the day.

All benefits can be accessed from an easy-to-use app. Advanced location technology is baked in, which means that help is either a tap away or already on the way, depending on your situation.

With Life360, kids can charge into life and become who they want to be. And with true peace of mind, parents can be who they always wanted to be for their kids — even through the awkward years.

Learn more at Life360.com



