



THE 5 BASICS OF HOW TO PARENT TEENS

1. LOVE AND CONNECT

Support and accept your teen as she/he gets older. Their world is changing. Make sure your love doesn't.

Tips for Parents:

- Say good things about your teen when he or she does something well.
- Support your teen's interests, strengths, and talents.
- Spend time one-on-one and as a family.
- Get to know your teen's friends and their parents/caregivers.

2. WATCH AND OBSERVE

Find out what is going on by talking with your teen. Notice your teen's activities. Your interest matters to them.

Tips for Parents:

- Talk with the other adults in your teen's life.
- Be aware of your teen's classes, grades, job, and interests.
- Know where your teen is, what he or she is doing, and who your teen is with.

3. TEACH AND LIMIT

Limits protect your teen from unsafe situations and give him/her room to mature. Be firm, but also be willing to adapt and change your mind.

Tips for parents:

- Help teens make better choices by teaching them instead of punishing them.
- Stand firm on important issues such as safety, and let go of smaller issues.
- Be consistent and follow through with consequences you set up with your teen.
- Be firm about rules without turning to physical punishment.
- Give your teen more responsibility and more freedom to make their own choices as they grow into adults.

4. SHOW AND DISCUSS

Talk to your teen, support him or her, and teach by example!

Tips for Parents:

- Set a good example by behaving the way you want your teen to behave.
- Praise your teen's positive behaviors and habits.
- Give teens the chance to solve their own problems and make their own choices.

5. PROVIDE AND PROMOTE

Teens need parents to give them healthy food, clothing, shelter, and health care. They also need a caring home and loving adults in their lives.

Tips for Parents:

- Seek out good opportunities and activities for your teen.
- Make sure your teen gets checkups with his/her doctor every year, and any counseling that he or she needs.
- Reach out for support from other parents when you need it!

RESOURCES

Children Now and Kaiser Family Foundation

<http://www.talkingwithkids.org>

Advocates for Youth

<http://www.advocatesforyouth.org/>

SIECUS— Families are Talking

<http://www.familiesaretalking.org>

California Family Health Council—Talk with Your Kids

<http://www.talkwithyourkids.org/>

**US Department of Health & Human Services—
Parents Speak Up**

<http://www.4parents.gov/>

Nickelodeon—Parents Connect

<http://www.parentsconnect.com>

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