

HRS Parents of Adolescents & Teens Program



Parenting an adolescent or teen?

Want to learn more about this parenting stage?

Want to turn challenges into treasured moments?

Open to Level 5 - 8 parents

[Click here](#) to learn more.

TIPS TO SUPPORT YOUR TEEN

BE WARM AND SUPPORTIVE

Use active listening and empathy

Talk less - Listen more

Focus on their strengths and positive reinforcements

HELP DEVELOP COPING SKILLS

Help your adolescents learn time management

Have fun together to reduce stress

Teach ways to engage in mindfulness exercises

MAKE SPACE FOR HEALTHY EXPLORATION

Learn and share information about adolescent brain development

Be a role model for good sleeping, eating and technology habits

Discuss family values, interests, and beliefs

Teach about importance of authenticity in relationships

ENCOURAGE A GROWTH MINDSET

Empower but set boundaries and routines

Involve your teen in decision making around their activities

Encourage new experiences for your teen