AMCMS

COUNSELING CONNECTION

MARCH

Knowledge of Parenting & Child Development

Parenting is hard, y'all! For the next few Counseling Connection newsletters, we are focusing on ways to help strengthen family relationships. Each Counseling Connection will focus on one of the five protective factors from the Strengthening Families Protective Factor Framework.

1. **Parental Resilience - JAN**
2. **Social Connections - FEB**
3. **Knowledge of Parenting & Child Development**
4. **Social & Emotional Competence of Children**
5. **Concrete Support in Times of Need**

Helping Your Teen Become an Adult

In the daily grind of being a parent (especially a parent of teenagers), it's easy to forget that we have to also prepare our kids for their adulthood. Some important life skills include:

- cooking
- managing money
- laundry
- social skills (think face-to-face conversations)
- organization and time management
- self-regulation and coping skills
- realistic goal-setting
- decision-making and consequences

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Before becoming a parent, I believed that all parents had it together and knew what they were doing. Now that I am a parent, I understand that most of us are just figuring it out as we go by talking with other parents, reading books, even watching TikTok's. However, with information readily available at the touch of our fingertips, how do we know which sources to trust and rely on? The Texas Parent Helpline isn't only for answering crisis calls, it's also available for answering general parenting questions, big or small, helping parents and caregivers deal with the many challenges of parenting. The hotline is available 27/7 for FREE to listen without judgement, help brainstorm, and connect parents and caregivers with resources and referrals.

Website/online chat

Call/text: (833) 680-0611

Resources:
https://www.dfps.texas.gov/Prevention_and_Early_Intervention/Grantees/social_media_toolkits/strengthening_families.asp

https://getparentingtips.com/tweens-and-teens/