

POSITIVE TIME WITH TEENAGERS

WHY SPENDING TIME WITH TEENS IS IMPORTANT

Research ([Ford et al., 2023](#)) has shown that positive parent-adolescents relationship can link to long-term health outcomes.

Here are some of the areas being discussed:

1. Parental warmth
2. Parent-adolescent communication
3. Time together
4. Relationship and communication satisfaction



Ideas for Positive Time

- Take a walk
- Go on a hike
- Crochet
- Art project
- Play basketball
- Play boardgame
- Play video games
- Bake



Praise your teens for their efforts and actions. Be specific.

Praising can be: 1) verbal, 2) non-verbal (high fives, hugs)

Resource: CDC ([Praising Your Teen, Worksheet](#))

TIPS FOR POSITIVE TIME WITH TEENS

1. Identify an activity: ask your teen what they would like to do.
2. Pay undivided attention to your teen.
3. Be curious about the chosen activity.
4. Avoid judgement or criticism.
5. Praise your teens
6. Make it into a routine: it can be as little as 5 minutes every day.

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