

Teenagers

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Live Life

Passionately Ever After

Teenagers... part child, part adult... pushing limits, seeking independence and developing new boundaries. Peers become more influential than parents. Parents complain of losing control. Listed below are some ideas that foster healthy parent-teen relationships:

- See your teen as a separate and uniquely gifted person. Show respect for individuality and encourage healthy independence.
- Listen to your teen. Hear without judging. Foster critical thinking skills by talking through potential consequences.
- Set aside a regular time to spend one on one with your teen, doing something you both enjoy. This is not the time to talk about problems. Just have fun together.
- Encourage positive relationships with friends who have healthy values and interests. Take time to know your teen's friends and their families.
- Together establish clear expectations and guidelines with reasonable consequences. Be consistent with discipline.
- Separate negative behavior from your teen. Express love and acceptance of your teen as a person while challenging unhealthy behavior.
- Take responsibility for your own actions. Apologize for any mistakes and model appropriate behavior.
- As you teen matures, see yourself as a coach and advisor instead of a controlling tyrant or just another friend.

- Validate their feelings and allow them to talk through them with you. You do not have to agree with them to show understanding and care.
- Never belittle or shame your teen. Do not lash out in anger. This is especially important in front of siblings and friends.

Teenagers want a good relationship with their parents. Establishing a predictable, safe and nurturing environment will go a long way in living passionately ever after with your teenager.

For assistance in living your life ***passionately ever after***, call...

Passionately Ever After Counseling Center.

At

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