

Tips for Parenting Teens



As teenagers approach independence, they need their parents more than ever to offer guidance and help them make good choices. Help your teen become a caring, independent and responsible adult by following these tips from the Mayo Clinic:

Show Your Love

Spend time with your teen, listen to them, respect their feelings and give them justified praise.

Don't pressure your teen to be like you. Allow them some degree of self-expression.

Minimize Pressure

Set Limits

Be specific and consistent, but also be reasonable and flexible. Grant your teen more freedom as they prove they can handle responsibility. Explain your decisions.

Ask your teen to suggest a consequence for their actions. Impose additional responsibilities and restrictions if necessary.

Enforce Consequences

Set a Positive Example

Your actions generally speak louder than words. If you set a positive example, your teen will likely follow your lead.

These parenting tips are courtesy of **Franklin County Children Services** where we advocate for each child's safety, permanency and well-being.
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