

## How Parents can help their teen in following ways:

- Listen carefully to teens and watch for overloading
- Model the behavior you want them to see Not just “Do as I Say” but also “Do as I Do” (only if it’s positive)
- Monitor your emotions. Ask yourself what am I feeling and why
- Know what you can change and what you can’t. You can change your attitude, behavior, mood and feelings. It take practice.
- Ask a trusted friend, pastor or counselor to hear your plans for discipline before talking to your child or disciplining him or her. As your child grows they are looking more at what you do than what you say.
- Learn and model stress management skills
- Set aside special time to get to know them
- Listen to them without judgement, interruption or putdowns
- Use problem solving to make decisions together
- Allow choices within boundaries and values
- Accept their imperfections and ask them to accept yours but agree to work on them
- Spend some time for yourself
- Separate work from home
- Plan together or ask your teens to plan a family time activity and enjoy family time, dinner time, game, bowling, skating or movie night
- Carry out consequences for behaviors. Don’t make promises you can’t keep
- Speak words of encouragement and kindness even when the mood of the teen is "terrible"
- Relieve some of the pressure, get some sleep and rest even if you have to take off a day.
- Exercise, pray, read, volunteer
- Support involvement in sports and other pro-social activities

Helpful Resource:

<https://raisingchildren.net.au/grown-ups/looking-after-yourself/anger-anxiety-stress/stress-grown-ups#signs-that-you-might-be-stressed-nav-title>