

# Supporting Your Teenager

Even though it may feel like teenagers are pushing us away, they really want us. They want us to support them. They want us to love them (even if they may not want us to say it). They want us to notice what they're doing right. Circle the one action you want to focus on this week.

Love your teenager.

Help your teenager with homework.

Talk about money with your teenager.

Ask your teenager about his or her day.

Get to know your teenager's friends.

Tell your teenager a joke.

Eat ice cream with your teenager.

Laugh with your teenager.

Pay attention to what your teenager is doing.

Ask your teenager what he or she cares about.

Watch a TV show with your teenager.

Encourage your teenager to invite his or her friends over.

Praise your teenager for doing the right thing.

