

Parenting Tips: Connecting With Your Teenager

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1 Have One-On-One Time

Go out (when it's safe) and do things that you like to do together. Have a date night once a month with just you and your child and have that bonding time you can both look forward to. Let them pick what you do!

2 Know Their Friends

Get to know their friends so you can stay connected in their life. Also, help them stay connected with friends on Zoom and/or FB messenger (just be aware what they are doing so they stay safe), especially now with COVID when people are not as connected or together.

3 Tune In To Their Needs

Stay in touch with their feelings, emotions, and needs, and find someone they can connect with if they are struggling. It could be a family member, a friend, a staff person, or a counselor. Sometimes acting out or not talking is a sign they are struggling with school, friends, feelings, or something else.