

Parenting into the teen years

Parenting into the teen years is a time filled with opportunities and challenges.

It is important to know:

- Parenting does matter during adolescence.
- All families have strengths and challenges.
- Small things make a big difference.
- Relationships require constant re-negotiation.
- Parenting actions need to be intentional.
- You are not alone, there is support for families.

HaltonParents promotes 5 key parenting actions to guide parents. The 5 key parenting actions are:

1. **Connectedness.** This is about having a supportive positive relationship with your child that adapts through adolescence. Do this by spending time together, talking, having fun and enjoying family meals.
2. **Involvement.** This is about building a trusting relationship that clearly outlines expectations. Do this by listening more and involving teens in decision making.
3. **Monitoring.** This is about knowing your adolescents' whereabouts, activities and friendships when they are not under direct parental supervision. Do this by getting to know their friends and asking "who, where, what" questions.
4. **Role Modeling.** This is about a parent's own behaviours, actions and practices and how it is demonstrated in everyday life. Do this by making and keeping commitments and making healthy choices.
5. **Support.** This is about parents accepting children for who they are with love and warmth. It is about communicating and being responsive to youth's needs. Do this by listening and respecting your teen and by helping teens learn to cope with challenges.

By being intentional about these 5 parenting actions parents will build a strong parent – youth relationship. Teens will be more resilient and responsible and will develop strong decision making skills. They will do better in school, have good friends and like spending time at home.

HaltonParents is here for you. Connect with us:

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For parenting information or to speak with a Public Health Nurse (every Monday to Friday from 8:30 a.m. to 4:30 p.m.) simply dial 311 or 905-825-6000.

