

As a parent, you are the most important person in your teen's life. Research tells us that effective parenting styles can make a difference. Better understanding on how to communicate with, guide, and relate to your teen are the basic tools all parents need to raise independent, confident, healthy and happy teens. Parenting is about making the best choices. No one said it was going to be easy.

Here are some quick tips to start you on your journey to being a great parent.



## Communication

- Show your teen you believe in them. Give positive feedback and help them recognize their strengths.
- Focus on the positives in communication rather than negatives.
- Use car rides or dinners to chat about friends, school, fashion or the future.
- Be available. Your teen needs to know you're there to listen. Talk openly and honestly.



## Guidance

- Gradually encourage independence and celebrate self-confidence.
- Role model a healthy lifestyle for your teen. Actions do speak louder than words.
- Enforce limits and consequences on behaviour firmly and consistently.
- Acknowledge when they use good judgement.
- Don't be afraid to ask for help. Parenting in the teenage years can be challenging.



## Relationships

- Show interest in your teen. Get to know your teen's friends and their parents. Express interest in their opinions and ideas.
- Spend time together doing something you both enjoy.
- Important parts of a healthy relationship are: mutual respect, trust, honesty, fairness and good communication.

***It is important to believe you can be a great parent!***

---