

Navigating Adolescent Development



Some points to remember...

Love & Connect



- Watch for moments when you can express genuine affection, respect and appreciation for your teen
- Acknowledge the good times made possible by your teen's personality and growth
- Expect increased criticism and debate; strengthen your skills for discussing ideas and disagreements
- Treat your teen as a unique individual distinct from siblings and stereotypes
- Appreciate and acknowledge your teen's new areas of interest, skills, strengths, and accomplishments
- Provide meaningful roles that are genuinely useful and important to the family's well being
- Spend time together one on one and as a family, continuing family routines while making room for new activities

Source Adapted From: Simpson AR (2001). Raising teens: A synthesis of research and a foundation for action. Center for Health Communication, Harvard School of Public Health
www.hsph.harvard.edu/chc/raising-teens

Promote a Positive Sense of Self



Cultivate your teen's:

- **Unique self** by observing and listening without judgment; spend time listening to your teens thoughts, feelings, concerns, interests, ideas, and perspectives, be present, acknowledge your teen's individual characteristics, and refrain from criticism/evaluation
- **Positive self** by helping your teen identify positive traits and achievements; help develop these attributes through reinforcement, opportunity and acknowledgement
- **Future self** by modeling and supporting goal oriented behavior; allow your teen to identify their own goals, encourage them to imagine their future and connect their current choices with future outcomes
- **Coherent self** by building a sense of connectedness and community and by modeling principle centered choices; help your teen integrate multiple aspects of self (across settings/ past and present)

Source Adapted From: Blaustein, M.E., & Kinniburgh, K. M. (2010). *Treating traumatic stress in children and adolescents: How to foster resilience through attachment, self-regulation, and competency*. New York, NY: Guilford Press.