

Having a Healthy Relationship with Your Teen

Adolescence is a hard time as a parent. While teens begin to become more independent, they push boundaries. This can lead to feeling frustrated, overwhelmed and sometimes angry as parents with, at times, no answers. Healthy relationships with our children can help mitigate some of the frustrations. Remember, it is completely normal for teens to push boundaries as this is how they learn rules and independence. Here are some guidelines to maintain healthy relationships with your teen:

- Boundaries, boundaries, boundaries! Remember, your role is the parents – the adult in the home. While it is developmentally normal for teens to push and shake up boundaries, setting clear boundaries with your child early on can help them understand rules while gaining independence.
- Model: No matter the age, our children look up to us in terms of what is normal behavior – it is learned. Modeling the behaviors that we want our children to do helps your child see if you are doing this, it can be done for them too.
- Positive language and respect: While joking around can be intended as light, our children live in an era of social media, cyber bullying, and unrealistic expectations. Steering clear of negative statements and being empathic can aid in your child be more open and respectful back, even if there are times where they struggle to do so at times of emotional dysregulation. Consistency in this also shows them no matter what, you care and love them, even when things are hard.

Adapted from Hopkins, C. (2016, January 23). Teenager Parent Relationship: How to Build a Healthy Relationship. Psych Central.

<https://psychcentral.com/blog/5-tips-for-building-a-healthy-relationship-with-your-teenager#2>