

Connect with your...

Teenager 13 - 18 years old

This is a time when teens are trying to find their own identity, establish values and find their place in society. Although friends are now extremely important and peer pressure has a strong influence, your teen needs to know she/he can count on you for love, guidance and support in difficult times.

Attachment is the deep and lasting connection that children form with their main caregiver, usually their parent. Healthy attachment occurs gradually over time through day to day interactions between parent and child. Attachment relationships influence development, learning, feelings and close relationships throughout life.



Maintaining a strong connection with your teen has many benefits. It is related to:

- higher self esteem
- better coping skills
- more positive relationships with family and friends

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13 - 18 years old

Support and encouragement are especially needed during times of change, such as puberty, starting high school, etc.

Choose activities to connect with your teen that consider their likes, dislikes and personality. Try activities that fit easily into your family's routine and cultural practices.

13 - 15 years

- Learn a new sport or take up a hobby together.
- Let your teen plan a menu and then cook the meal together.
- Begin to give them more responsibility to show you trust them.
- Always be ready to listen.
- Know who their friends are and welcome them in your home.

16 - 18 years

- Use car rides as good opportunities to talk, and more importantly, to listen.
- Show an interest in what they're doing without being intrusive.
- Try to identify moments when they are more eager to talk and make yourself available to them.
- Decide on rules such as curfews, together.
- Ensure both parents enforce the rules consistently.
- Strike a balance between respecting their privacy and knowing what's going on.

Comforting, physical touch, praise and saying "I love you" remain important throughout the teen years.



HEALTH
DEPARTMENT
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Durham Health Connection Line
905-668-2020 or 1-800-841-2729
durham.ca/parenting

If you require this information in an accessible format, contact 1-800-841-2729.

