



What Can We as Parents Do?

Help Children develop healthy and positive ways to deal with stress.

Listen to your child. Encourage them to talk about their feelings and problems while you just listen.

Encourage the expression of concerns, worries or fears.

Listen without being critical

Adults are often too willing to give advice, make judgments, and try to solve the problems.

Most times they just want someone to just listen.

Communication eases stress, and tension and also gets the issue out in the open.

Remember to use "I feel" statements when dialoging with your teen. This avoids blaming them. They will be less likely to become defensive and more likely to continue to use you as a resource.

Teach your children to use techniques for calming themselves such as deep breathing, imagery, exercise, etc.