



Supporting Connections to Build Resilience in Teens

Parents can support adolescents to gain the protection that comes from strong, secure connections in the home and beyond.

Ask yourself:

- Does home offer physical safety and emotional security?
- Do we share positive time together?
- Do I express how much I love my teen?
- Do I see all that is right and good about my teen?
- Do I understand that along the path toward independence, my teen might *temporarily* push me away or challenge my limits? Do I see these as normal developmental phases and offer appropriate distance to remain securely connected?
- Do I allow my teen to express a range of emotions?
- Do I teach my teen that seeking emotional support during challenging times is productive?
- Do I encourage my child to learn about and take pride in the various ethnic, religious, or cultural groups to which we belong?
- Do I support my teen to foster other healthy adult relationships that I know will model and reinforce positive behaviors?

Adapted from Ginsburg KR, Jablow MM. *Building Resilience in Children and Teens: Giving Kids Roots and Wings*. 3rd ed. Elk Grove Village, IL: American Academy of Pediatrics; 2014