

## Parent Engagement for Active Child Enrichment

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### Coaching Tips for Parent-Teen Relationships During the Current Crisis

Parents and their teenage children spending Twenty-four Seven together may experience increased challenges in their daily interactions. Some research-based parenting tips listed below may come in handy during the current times and beyond.

1. **Make a consistent effort to be a good listener, react and respond calmly to your teen.** Teens need parental support: Be in control but with a warm attitude.
2. **Provide structure.** Teens are trying to establish their autonomy and assert their independence. But, they "still need some structure and are looking to their parents to provide that structure" (Feinstein, 2009, *Inside the Teenage Brain: Parenting a Work in Progress*).
3. **Be a good role model and show them how to handle stressful situations.** Use the current stay-at-home times to model calmness and composure to your teens.
4. **Help them to look at problems dispassionately from diverse perspectives (from the point of others) and how to resolve conflicts more objectively.**
5. **Understand that kids need freedom to explore their own identities and make mistakes, but in a safe and age-appropriate way.**
6. **Follow the golden rule: thou shalt not yell at your teen.** Using harsh verbal discipline may actually increase the risk for behavior problems. A study published in the journal *Child Development* in 2013 reports that the more a parent yelled at a teen, the worse they behaved.