



Grow Together with Your Teen

According to research, teens say that the beliefs, values and actions of their parents or close adults sink in. These are the values teens come back to as they grow and develop.

As you and your teen grow together, here are some values you can demonstrate to them:

- Love them no matter what and let them know it.
- When your teens mess up, teach them how to do better next time.
- Tell your kids what's good about them and tell them often.
- Give teens opportunities to earn your trust and build trust with them.
- Show your teens you respect them and that you respect yourself.
- Help teens belong by becoming involved in your community.
- You don't have to raise teens by yourself. Ask for help if you need it!!
- Don't give up. It takes time to built solid relationships with teenagers.
- Keep your sense of humor. Being able to laugh together and at your mistakes really builds a family.

Every teen deserves to be included, encouraged to and experience unconditional love. Enjoy your teen and remember what is important in their life and in your own.

For more information on raising teenagers contact your local University of Minnesota Extension Service and ask about the Positive Teen Curriculum.

Source: *Positive Parenting of Teens*, University of Minnesota Extension Service

For more information on parenting call INFO-U at 612-624-2200 and request a catalog of available topics.

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