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### ***10 Tips for Parenting Adolescents***

1. Your teen still needs to feel close to you, even though s/he may act as if s/he doesn't want to be seen with you.
2. Find out what your teen is interested in and get interested, too. I know that this might be hard because you don't want to sit through another episode of, "I Love New York," or listen to "My Chemical Romance," but you've got to have a starting point.
3. Consider taking a class or learning a new skill with your teen, i.e. swimming, drawing, or African dancing.
4. Have your teen teach you a skill, i.e. surfing the Internet or playing Wii.
5. Trade text messages with your teen, with notes of encouragement, expressions of loving, or thinking of you sentiments.
6. Transport yourself back to when you were a teen. What was important to you then: music, movies, peers, family stuff, and activities? How did you spend your time? Who was your primary support? Why?
7. Set and maintain limits, but don't be afraid to relax on some of your expectations.
8. Listen to your teen. Next time you feel yourself feeling irritated, take a deep breath and listen.
9. Keep sight of the beauty in your teen. What are his/her endearing qualities? What makes your heart melt? This is crucial. If you've lost sight of these qualities in your teen, really take some time to meditate and sit with this.
10. Don't be afraid to say no. Hold on to your values and be consistent.