



How to Help Your Teen: 5 Practical Tips for Parents



Recognize signs of depression

Academic struggles	Technology dependence	Aggressive tendencies
Talking about running away	Changes in appetite	Isolating from others
Substance abuse	Increased irritability	Sleeping too much or too little
Decreased self-worth	Risky behaviors	

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Help your teen create balance in their life

A structured routine is essential for a teen's well-being, even if they resist. By creating a balance of adequate nutrition, exercise, and sleep, your teen can improve their mental health and reduce stress.

Take time to connect with your teen

Even if your teen seems distant or irritable, they still seek your love and support. Strengthen your bond by spending relaxed quality time together. Remember, when they choose to open up, listening is crucial. Prioritize understanding them over jumping to judgment or giving advice.

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Create a plan to handle anger

Practice deep breathing, count to 10, or take a break to cool off until you can approach the situation with empathy. When you're able to have an open dialogue, consider the situation from their perspective. Understanding the root causes of their anger can help them better manage it in the future.

Don't forget to take care of yourself

Prioritize your well-being by getting ample sleep, exercising regularly, and maintaining a balanced diet. It's important not to take your teen's troubles personally. Their behavior doesn't define your skills as a parent. And remember—you aren't alone. Many parents experience similar situations.

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