

YOUTH

PARENTING ADULTS

Express Care



- Let your parent(s) know when you appreciate something they've done, even if it's a little thing. A spontaneous thank you or a hug can mean a whole lot to them.
- Follow through when your parent(s) ask you to do something. It will build their confidence and trust that they can count on you.

- Pay attention. Focus on each other when someone is talking about things that matter to them. Put away your cell phones to give each other your full attention.
- Make time for lightness. Share in some humor, fun, and laughter amid the practical tasks that you do together.

Challenge Growth



- When you set a personal goal for yourself, tell your parent(s) about it. Ask them to check on you and hold you accountable.
- When you or another family member has a setback or makes a big mistake, wait a bit, and then, talk together about of what you might learn from the experience.

- Expect kids to do their best, even when doing something they don't really like.
- Remind kids that making mistakes is a part of learning. Praise them for hard work, whether those efforts succeed or fail.

Provide Support



- Don't wait until the last minute if you need help figuring out a challenging problem or situation. Talk with a parent early when there may be more options and solutions.
- If you want to solve something by yourself, but you need to think out loud about it with someone, come up with your own words to say: "I don't want you to tell me what to do, I just need you to let me think out loud."

- When your kids aren't getting the help they need, find people who can address the issue.
- Give kids more support when they are struggling, and less when they are making progress. Step back as their skills and confidence build.

Share Power



- Offer to take on a new family responsibility that gives you a chance to show new skills and abilities while also benefiting others.
- If you're not happy with the way something is working in your family, ask for a time to talk about how you might try a different approach. Bring some suggestions or ideas to try instead.

- Include kids in thinking about decisions that affect them, even when you have to make the final call.
- Let kids make decisions about activities you do together and what you talk about. Don't jump in too fast when they don't make quick decisions or think of things to talk about.

Expand Possibilities



- When you learn something that your parent(s) don't know are interested in, ask them if they'd like you to show them how to do it.
- With your family, decide some area of life that you'd like to explore (such as nature, science, religion, fitness, food, music). Then come up with a plan for each family member to introduce others to one new thing in that area each week.

- Introduce kids to a wide range of people, places, ideas, cultures, and vocations. Start with ones they're curious about.
- Find ways for your children to spend time with people who are different from your family.