



## HOW ADULT PATIENTS CAN SUPPORT THEIR TEENAGERS AT HOME

AGES 13 - 17 YEARS

### CHILD LIFE AT CITY OF HOPE

For Child Life support and education, please email your Child Life specialist:



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#### Teen Development

- Peer relationships are important for healthy development.
- Teens can think about the future and abstract concepts.
- They seek independence.
- Teens work to develop a sense of identity.
- They need privacy.
- They are aware of body image and this may affect their self-esteem.

#### Positive Parenting: Interventions to do with your teen from afar

- Video/FaceTime, text or use apps they are familiar with such as Instagram, Facebook, Snapchat, Twitter, Marco Polo.
- You can schedule time to video chat during a meal, celebration or other ritual.
- Encourage your teen to seek support from peers and an adult they trust.
- Encourage them to ask questions.
- It's OK to continue setting appropriate boundaries with reasoning.
- Encourage your teen to try new things (painting, playing a musical instrument, reading a book).
- Respect what your teen shares with you, but give him or her the chance to share if he or she wants.



- Provide specific positive comments about their appearance and behaviors to support healthy self-esteem growth.
- Validate your teen's frustration and/or disappointment over not seeing his or her friends and missing out on fun activities (prom, sporting events, graduation).
- Support remote schooling by making a realistic schedule for getting work done in defined periods; include breaks and times for socializing, exercising and entertainment.
- Encourage healthy habits (adequate amount of sleep, eating healthy meals and exercising).
- Take care of yourself physically, mentally and emotionally. Try to stay calm and relaxed by listening to music, watching TV, reading a book, using a mindfulness app, playing games or doing puzzles.