



COOPERATIVE EXTENSION SERVICE  
UNIVERSITY OF MARYLAND AT COLLEGE PARK  
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Leaflet 270

## PARENTS OF TEENS: SHOW YOU CARE

A black and white collage of various wristwatches, including analog and digital models, with different face designs and straps, scattered across the page.

**SPEND  
TIME  
WITH  
YOUR  
TEENS**

## PARENTS OF TEENS: SHOW YOU CARE



### **Spend Time With Your Teens**

Your teens may spend a lot of time with their friends and may not want to do things with you and the rest of the family. Teens want to spend time on their own. This is a part of how they grow up.

Your teens may protest, but they need to spend some of their free time with you. You may have to insist that your teens spend time with you and the family. Plan fun things that you can do together. You are important to your teens. In spite of their protests, they like to know that you want to be with them.

## **Ways to Spend Time With Your Teens**

- Have fun with your teens. Do things both you and your teens enjoy.
- Find some time each day to be together.
- Know your teens' friends and their parents. Include your teens' friends in family activities.
- If your teens need you and you cannot spend time with them right away, find a time when you can.
- Let your teens choose things to do with the family.
- Find times when your teens can eat with the rest of the family.
- Help your teens with activities and projects when they ask.
- Tell your teens you are happy they spend time with you.

Other leaflets in the *Parents of Teens: Show You Care* series are

L 269 Talk With and Listen to Your Teens

L 271 Get to Know Your Teens' Friends

L 272 Show Affection to Your Teens

L 273 Involve Teens in Family Decisions

L 274 Show Confidence in Your Teens

L 275 Help Your Teens Do What Is Right

L 276 Talk With Your Teens About Sex

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