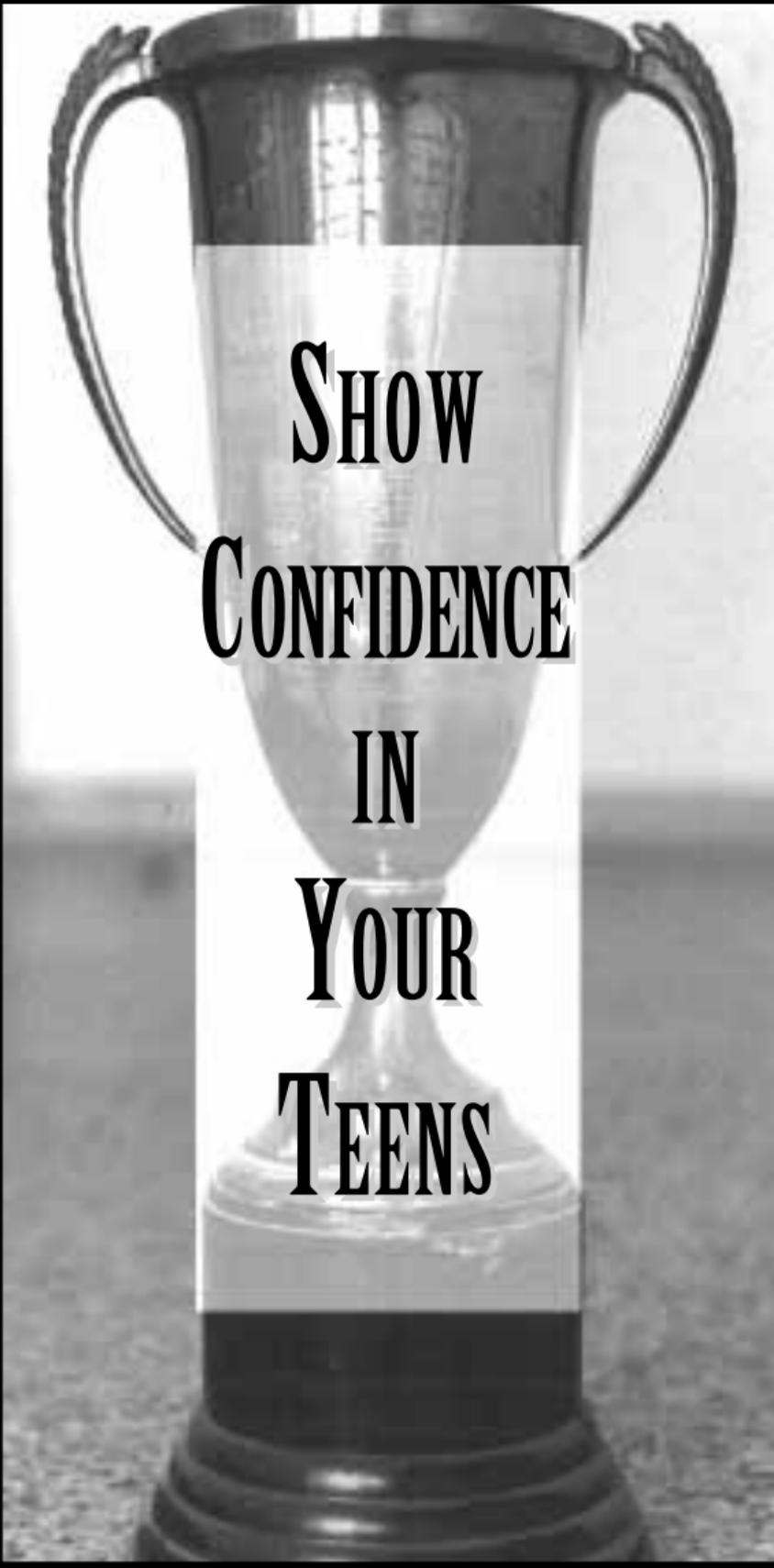




COOPERATIVE EXTENSION SERVICE
UNIVERSITY OF MARYLAND AT COLLEGE PARK
UNIVERSITY OF MARYLAND EASTERN SHORE

Leaflet 274

PARENTS OF TEENS: SHOW YOU CARE



**SHOW
CONFIDENCE
IN
YOUR
TEENS**

PARENTS OF TEENS: SHOW YOU CARE



Show Confidence in Your Teens

Your teens like to know you have confidence in them. It is not always easy to express this because, like all of us, teens are not always perfect. Your teens may feel that you notice only their mistakes. It is important to let them know when they are doing things right. This makes them feel good and helps them to do their best. The more they succeed in doing their best, the more confidence they will have.

Teens are more mature and are able to do more things than preteens. It is important, however, that you do not expect too much from them. Let your teens know what you expect. When they are able to do what you ask, they will become more confident.

Ways to Show Confidence in Your Teens

- Tell your teens what you expect of them. Let them know you trust them.
- Expect the best from your teens. Tell them that you know they will succeed at what they try.
- Praise your teens as often as possible for successes and jobs well done.
- Say thank-you when your teens do what you have asked them to do.
- Focus more on the things that your teens do right than the things that they do wrong.
- Avoid saying things like “I knew you would forget.”
- Allow your teens to try new things by themselves.

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

- L 269 Talk With and Listen to Your Teens
- L 270 Spend Time With 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 275 Help Your Teens Do What Is Right
- L 276 Talk With Your Teens About Sex

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