



ACTIVITY

Praising Your Teen

After watching the *Praising Your Teen* video and reading the information on the website, you may want to try one or more of the following activities.

Feel free to print this PDF and write on it, type notes on your phone, or just take a few moments to quietly reflect on the questions.

“Catch” your teen doing something well. Look for opportunities to praise your teen for their positive behavior.

- ▶ What behaviors would you like to encourage in your teen? Describe those positive behaviors with lots of detail.



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Section Continued...

- ▶ **What words can you use to praise your teen for positive behavior?**
 - ▷ *Remember that encouragement works best when you tell your teen exactly what they are doing to get your attention. For example, instead of saying, "Good job!" try "Good job memorizing your lines for the play!" Be specific.*
- ▶ **What gestures or physical signs can you use to express that you are proud of your teen's efforts? Think about hugs, pats on the back, high fives, smiles, or a thumbs up.**
- ▶ **Sometimes it's easier to notice and say something when your teen is behaving negatively. How can you notice and encourage positive behaviors?**



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All parents and caregivers want good things for their children. Since the teen years are a time when your child is developing and practicing the skills they will use as adults, it may be an interesting exercise to spend some time imagining your child as an adult.

- What positive behaviors or qualities would you like your adult child to have?
- What might help those wishes come true?
- What might get in the way of those wishes coming true?

For example, you may wish your child would grow up to be an adult who enjoys good physical health.



- *Something that might help that wish come true is talking to your teen about the importance of sleep, and modeling good sleep habits yourself.*
- *One thing that might get in the way is a jam-packed schedule.*
- ★ *Consider talking with your teen about setting a bedtime, establishing a “media curfew,” or a cutoff time for using electronic devices, and creating expectations about where in your home your teen can use their devices.^{1,2}*



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1. Wheaton AG, Olsen EO, Miller GF, Croft JB. Sleep Duration and Injury-Related Risk Behaviors Among High School Students – United States, 2007–2013. *MMWR Morb Mortal Wkly Rep* 2016;65:337–341. DOI: <http://dx.doi.org/10.15585/mmwr.mm6513a1>.

2. Sleep and sleep disorders. Centers for Disease Control and Prevention. <https://www.cdc.gov/sleep/index.html>. Published September 7, 2022.

Think about the type of relationship you want to have with your child when they are an adult. Your actions now build a strong foundation for the way you will connect and communicate with each other in the future.

- ◆ What do you want your relationship to look like with your adult child?
- ◆ How is that relationship similar to the one you have now with your teen child? How is it different?
- ◆ What things can you work on together now to improve your connection and communication skills with each other?



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