



Parenting a teen

It's not easy parenting a teen. Your teen's brain is still developing until about age 25, according to the National Institutes of Health. These are areas that control judgment, decision making, and impulse control. What's a frustrated parent to do? NIH News in Health suggests these actions:

- Respect your teen's opinions. Nonjudgmental communication shows your love.
- Be honest and direct with your teen when talking about sensitive subjects such as drugs, drinking, smoking, and sex.
- Respect your teen's privacy.
- Have meals together.
- Help your teen make healthy choices and plan ahead for difficult situations.
- Meet and get to know your teen's friends.
- Compliment your teen and celebrate your child's efforts and accomplishments.
- Limit time your teen uses video games, texting, and instant messaging.