



**SHOULDER  
TO SHOULDER**  
Raising Teens Together



RAISING TEENS TOGETHER

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## SO, YOU'RE HAVING A TEENAGER.

Believe it or not, the teen years are good years. *(Read this phrase again for positive reinforcement.)* Contrary to the popular image of teens throwing wild parties and doing battle with parents, most parents and teens navigate “teenhood” quite well, with relatively few problems.

The key? The way in which you raise kids can make a difference. This is true whether you’re a two-parent, single-parent or other family type. Folks who study parenting say teens do better when parents:

- Are warm and supportive.
- Provide clear expectations for behavior.
- Model the respect they expect from their teen.

To get there, communication is essential. We should take time to connect, to listen and keep the bond strong with our teens. It can be as simple as eating together regularly. Teens want us in their lives – and we need to be there.

There is no one way to parent teens – each teen is unique. In this booklet, you’ll find ideas to try *(from real parents who survived the teenage years!)* and read about strategies that may work well for you. The bottom line? You know your teen best. The information here can affirm your wisdom, as well as provide you with support as you guide your teen into young adulthood.

Welcome to the ride (and buckle up).

