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Things Teens Need From Parents



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Invite & affirm who they are becoming

Taking a genuine interest in their thoughts and feelings, listen without judgment, and comments like 'help me understand' are helpful in inviting the teen to become a separate self. It is what you draw out of them, that matters most. for healthy individuation.



Room for self reflection

Reflection is key to identity development. This means providing spaces for them to express themselves and the absence of the pressure to perform. We need to deliver teens to their emotional playgrounds, e.g., music, movement, art, drama, singing.

*Teens are in the 'in-between' place -
neither child nor adult, and still need our
help in crossing the bridge to maturity*



Normalize Sadness

Transition bring sadness, change brings loss as much as it opens doorways to new beginnings. Teen years can bring a roller coaster of emotion and making room for sadness and normalizing it can help a teen express their vulnerable emotions.



Let them experience disillusionment naturally

Trial and error is needed and teens often want some autonomy to make mistakes and figure things out for themselves. We need to have guardrails to help steer them but encourage them to take the wheel in their own life.



Patience and Care

Development takes time, we need to be patient through the teens self absorbed ways, intense emotions, and idealism that feels blinding. Nature has a plan if we continue to focus on connection and caretaking (a sense of humour helps too!)

We need to hold onto our teens, not for our sake but for theirs, so that they have the relational roots to grow from.