



### 3 Ways to Show Your Teen You Care

1. Laugh with your teen. Laughing together allows your teen to feel comfortable talking with you about anything. Watch a funny movie or share a laugh while enjoying a meal together. A simple laugh with your teen will lead to a lifetime of great memories.
2. Tell your teen you love them. Those 3 simple words will mean so much to your teen. They might not respond or they may roll their eyes, but deep down they really appreciate hearing you say it. Tell them often and every chance you get, even during those difficult teen temper tantrums.
3. Communicate frequently with your teen. Good communication is important when it comes to maintaining a healthy relationship with your teen. Talking with your teenager and listening to what they have to say helps you form a solid foundation for your relationship. Make it your goal to have open and honest daily conversations that allow your teen to feel loved and respected.