



Develop Competence in Teens

Parents support adolescents to gain resilience that comes from developing new and different competencies.

Ask yourself:

- Do I help my teens recognize strengths and build on them?
- Do I emphasize what they do well or focus mainly on mistakes?
- Am I helping build the skill-sets necessary to make them competent in the real world?
- When I need to correct a mistake, am I clear and focused on the specific problem?
- Do I let them make safe mistakes so they have the opportunity to bounce back, or do I try to protect them from everything?
- Do my teens know that I trust them?
- Do I get out of the way and watch from a distance, or do I hover -- unintentionally sending the message, "I don't think you can handle this."
- Do I communicate in a way that empowers my teens to make their own decisions or do I lecture them, undermining their sense of competence?
- Do I model the skill-sets that will ultimately prepare them to navigate the world on their own?

Adapted from Ginsburg KR, Jablow MM. Building Resilience in Children and Teens: Giving Kids Roots and Wings. 3rd ed. Elk Grove Village, IL: American Academy of Pediatrics; 2014