



Nurture Teen Confidence to Build Resilience

Support adolescents to gain the protection that comes from confidence.

Ask yourself:

- Do I see all that is right and good in my teen?
- Do I notice what my teen has done well?
- Do I support my teen to build skills?
- Do I praise my teen honestly about accomplishments? Do I catch myself when my praise feels unearned or over the top?
- Do I catch my teen being good? Do I notice generous, thoughtful, or kind actions?
- Do I encourage my teen to stretch just a little bit farther?
- Do I hold realistically high expectations for my teen?
- Do I push my teen too hard?
- When I correct my teen, do I focus only on mistakes? Or do I start from my teen's strengths and capabilities?

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