



Support Teen Coping to Build Resilience

Parents can support adolescents to gain the protection that comes from coping in positive ways with stress.

Ask yourself:

- Do I try to understand what drives teen behaviors? Do I recognize that negative behaviors are often attempts to deal with stress?
- Do I model positive coping strategies such as step-by-step problem-solving and conserving energy to focus on solvable issues?
- Do I model the importance of exercise, proper nutrition, relaxation and adequate sleep?
- Do I encourage creative and emotional expression?
- Do I value talking, listening, and seeking help?
- Do I let my teens know that what they do matters to others?

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

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