

**MIND MATTERS:  
PARENTS PROMOTING ADOLESCENT WELL-BEING  
ENCOURAGING YOUR ADOLESCENT**

The development of positive behaviors and attitudes can lead to happier youth and can protect adolescents from other problem behaviors, school difficulties and some mental health disorders. How can parents support adolescent well-being on a daily basis? What can parents *say* to offer encouragement to an adolescent who is faced with challenges, choices, or difficulties?

To Show Acceptance:

I like the way you handled that.

Since you're not satisfied, what do you think you can do so that you will be pleased with it?

I'm glad that you are pleased with the outcome.

I like the way you problem-solved that issue.

I think your choice demonstrates your good judgment.

To Show Confidence:

I have confidence in your judgment.

That's a rough one, but I'm sure you will work it out.

You have handled tough situations before.

To Model Problem Solving:

I wonder what other choice you have? What else could you do?

What are the advantages and disadvantages of that choice?

How have you solved similar problems in the past?

To Show Empathy and Compassion:

This seems hard for you right now.

It's good to share what you are going through with me.

I'm here for you and will try to understand.

You are really working hard to make the right choice.

**MIND MATTERS:  
PARENTS PROMOTING ADOLESCENT WELL-BEING  
ENCOURAGING YOUR ADOLESCENT  
(continued)**

To Set Limits and Express Expectations:

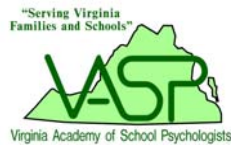
I have some real ideas about what would work best here. Let me share them.

Let's talk about the family rules for this one.

Caring about you leads me to these expectations...

I trust your judgment and that you will make appropriate decisions and choices.

Adolescents need verbal encouragement from parents. Stay connected to your adolescent and focus on their strengths and positive choices. Talk to your adolescent to enhance their self-efficacy, confidence and positive health!



Provided as a public service of the Virginia Academy of School Psychologists – [www.vaspweb.org](http://www.vaspweb.org)