

# Sunshine Parenting

## 7 Ways to Help Kids Through Their Teen Years

#1 Be Present

#2 Listen, Validate Feelings & Emotions

#3 Make them Feel Valued & Special

#4 Reassure Them & Normalize Feelings

#5 Express Love for Them

#6 Encourage Them and Build Up Their  
Confidence

#7 Provide a Positive Example

For more parenting resources, visit [sunshine-parenting.com](http://sunshine-parenting.com)