

# 100 Ways to Show Teens You Care

**N**otice them. Smile a lot.

Remember their birthday.

Ask them about themselves.

Look in their eyes when you talk to them.

Listen to them. Giggle together.

Tell them their feelings are okay.

Set boundaries that keep them safe.

Be honest. Be yourself.

Listen to their stories.

Hug them. Surprise them.

Notice when they're acting differently.

Suggest better behaviours when they act out.

Feed them when they are hungry.

Delight in their discoveries.

Share their excitement.

Call them to say hello.

Give them space when they need it.

Contribute to their collections.

Discuss their dreams with them.

Laugh at their jokes. Be relaxed.

Answer their questions.

Create a tradition with them and keep it.

Learn what they have to teach.

Use your ears more than your mouth.

Show up at their concerts and games.

Apologise when you've done something wrong.

Keep the promises you make.

Wave and smile when you part.

Display their artwork in your home.

Point out what you like about them.

Catch them doing something right.

Ask for their opinion.

Have fun together. Thank them.

Introduce them to your friends and family.

Tell them how much you like being with them.

Let them solve most of their own problems.

Meet their friends and parents.

Let them tell you how they feel.

Be excited when you see them.

Let them act their age.

Be consistent. Be available.

Admit when you make a mistake.

Enjoy your time together.

Give them a special nickname.

Marvel at what they can do.

Tell them how proud you are of them.

Be happy. Ask them to help you.

Support them. Believe in them.

Applaud their successes.

Deal with problems and conflicts while they are still small.

Nurture them with good food, good words, and good fun.

Delight in their uniqueness.

Let them make mistakes.

Give them immediate feedback.

Include them in conversations.

Respect them. Be flexible.

Join in their adventures.

Help them learn something new.

Be understanding when they have a difficult day.

Give them good choices.

Respect the choices they made.

Be silly together. Hang out together.

Make time to be with them.

Inspire their creativity.

Accept them as they are.

Appreciate their personality.

Talk openly with them.

Trust them. Share a secret.

Create a safe open environment.

Cheer their accomplishments.

Encourage them to help others.

Tackle new tasks together.

Believe what they say.

Help them take a stand and stand with them.

Do what they like to do.

Make decisions together.

Build something together.

Encourage them to think big.

Go places together.

Welcome their suggestions.

Visit them when they're sick.

Help them learn from their mistakes.

Tell them what you expect of them.

Introduce them to new experiences.

Be sincere. Talk directly together.

Expect their best; don't expect perfection.

Love them no matter what.

