

Helping Your Teen Tackle Their CHALLENGES



Teach your child problem-solving skills and a positive attitude.

Instruct them to listen without engaging in arguments.



Encourage your teen to focus on problems rather than people or emotions.

Invigorate your teenager to figure out practical solutions to a problem.



Guide them to consider the advantages and disadvantages of the potential solutions carefully.

Motivate your teen to choose, implement, and evaluate the most promising solution.

