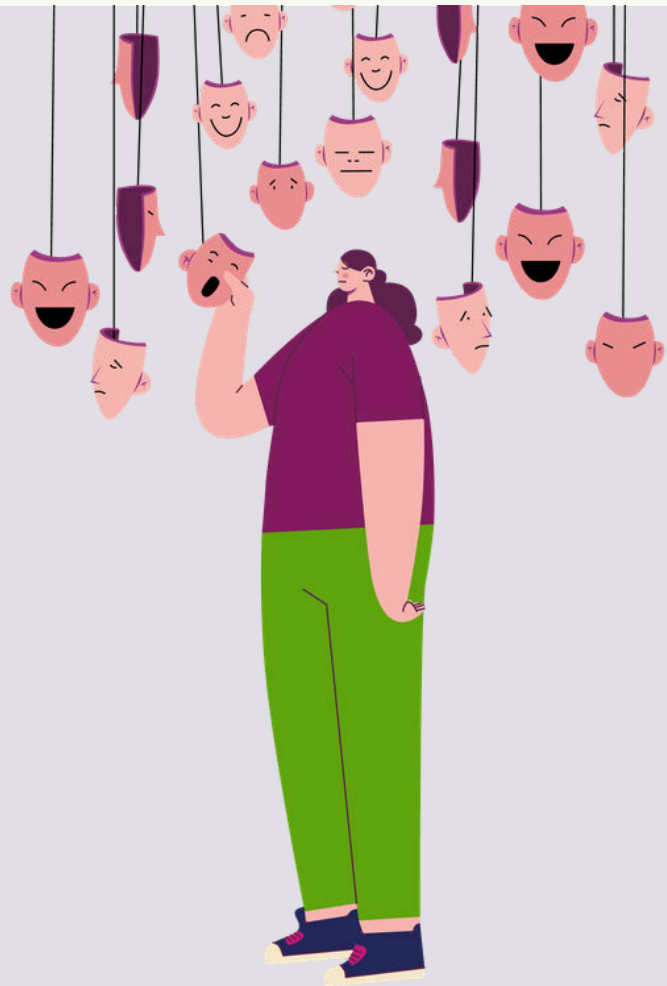


HELPING YOUR TEEN EXPERIENCE AND EXPRESS THEIR EMOTIONS

Teens go through big changes and experience intense emotions.

It's important to support them!



Put your teen's feelings into words



Name the emotions.
Validate what they're feeling.

Don't downplay or exaggerate what they're feeling.

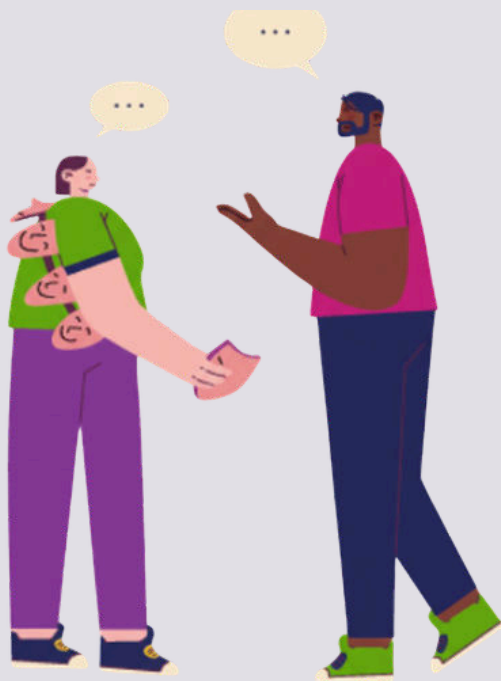


Emotions are important.
They act as a compass that can guide us.

HELPING YOUR TEEN EXPERIENCE AND EXPRESS THEIR EMOTIONS

During adolescence, emotions often overflow.

YOUR PRESENCE IS A SOURCE OF STABILITY.



Keep it simple

“ I see you’re experiencing a lot of things. Do you want to talk about it? ”

“ You seem very enthusiastic about this project. What motivates you? ”

Set an example

“ It’s been a tough day at work. I’m feeling frustrated. I’ll take some time for myself, and I’ll go for a walk. ”

Learn emotion regulation strategies together.



By experiencing a wide range of emotions, your teen is shaping their personality!

