

How to Show Your Youth You Care!!!

This handout is to help remind you of the ways you've shown love and appreciation to your youth and to offer suggestions how to further build that important relationship. Your youth may be experiencing challenges associated with being a teenager and will likely be looking to you for both encouragement and guidance. It can be confusing or overwhelming for parents to define how "to best" facilitate their youth's growth while building a strong relationship. This is a guide filled with some tangible tips on how to improve or maintain the connection with your youth, but also offers room to come up with your own ideas.

Just Because...

Some of the most important events are ones that we are not expecting. Showing spontaneous appreciation for your youth will show you care about them "just because." Youth need to understand that you love them unconditionally, without expectation, and you show this to them by reminding them unexpectedly.

If your youth questions your motives for spontaneous kindness, tell them "Just because I care about you, love you or appreciate you." Youth need to believe in your genuine intentions and these acts will help build trust.

Consider These...

- Laugh at something silly such as a funny song lyric, pun or rhyme.
- Surprise them with a day off of chores, breakfast in bed or their favorite magazine.
- Telephone your youth to tell them you love them, not to "check in" about homework or chores.
- Leave a note on the counter, on the bathroom mirror or in their lunch stating "I hope you have a great day!", "I love you," "You're the best" or "I'm proud of you."
- Surprise your youth once in a while by bringing treats to your youth when they're with their friends, such as ice cappuccinos to the skateboarding park.



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