

# 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.

## Valuing Time Together

Your youth is in the process of developing his or her own self worth and needs to hear that they are both a valuable person in your life and to the world. You can show them you value them by giving them your time, sharing experiences and enjoying being in their presence. A gift of your time can be free and only requires that you give your full attention to your youth.

## Consider These...

- Smile or hug when you greet each other, showing that you're excited to spend time with one another.
- Set aside time to have conversation, such as a weekly family dinner.
- Make a weekly "date night" to go to the movies, get ice cream, cook a meal, go to a sporting event, or play a different board game. Allow your youth to choose the activity.
- Take a risk and experience something new together such as pottery, yoga, or wall climbing.
- Pick a weekly television show or a video rental that you both enjoy and watch it together.



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