

Bond with Your Older Child



They may insist that they're embarrassed by you or no longer accept your hugs and kisses in public, but believe it or not, your tweens (ages 9 to 12) and your teens still need and want your attention and guidance. They may prefer that your attention and affection come packaged differently, but they still want and need it!

Here are ways to connect with your tween or teen that allows you to strengthen your bond, on your terms.

Listen more than you talk.



Reinforce values while doing fun activities together, such as family movie night, family meals or outings to a sports park.



Allow age-appropriate independence that teaches them to make wise decisions and shows that you trust them.



Take time once a month for a "date", or spend a whole day, with each child, doing something she enjoys.



Keep up with technology and social media that interests your children so you can be aware of what they're up to, and help them use the programs and services responsibly.

