



Back2Basics4Life.com
Simplify. Reset. Thrive.

10 Parenting Strategies for Parenting Teens



*Practical strategies to build connection,
teach responsibility, and raise confident teens.*



1



LEAD WITH EMPATHY FIRST

- Before correcting, fixing, or lecturing—start with empathy.
- Teens open up when they feel understood, not judged.
- Empathy lowers defensiveness and builds trust.

2



LET NATURAL CONSEQUENCES DO THE TEACHING

- Instead of rescuing: let their choices lead to real outcomes.
- Teens learn best when their choices have consequences.
- Your role = guide, not control.

3



GIVE CHOICES (THAT YOU CAN LIVE WITH)

- Teens crave independence. Give it—but with structure.
- Builds decision-making skills and reduces power struggles.
- Offer choices, not demands.

4



“DROP THE ROPE” IN POWER STRUGGLES

- When things escalate... don't engage.
- Say, “I love you too much to argue.” Then walk away.
- This stops the emotional tug-of-war and protects your relationship.

5



ASK, DON'T TELL

- Shift from control to curiosity.
- Get their input without accusation.
- You're building thinkers, not followers.

6



SET FEWER, STRONGER LIMITS

- Keep rules simple and meaningful (4–5 core ones).
- Be consistent and calm.
- Teens feel safer with clear expectations and predictable outcomes.

7



SEPARATE THE TEEN FROM THE BEHAVIOR

- Love the person, not the poor choice.
- “I love you... this choice just didn't work out.”
- You're always loved—even when choices aren't great.

8



AVOID CONTROL BATTLES (FRIENDS, IDENTITY, ETC.)

- Fighting over friends or identity often pushes teens away.
- Stay connected instead of controlling.
- “We may not agree, but I care about you and I'm here.”

9



HAND THE PROBLEM BACK (WITH SUPPORT)

- Instead of solving everything, hand it back.
- “What's your plan?” “How can I help if you need it?”
- Builds responsibility, confidence, and real-world skills.

10



TAKE CARE OF YOURSELF

- Parents need boundaries too.
- Calm parents = calmer teens.
- You can't pour from an empty cup.

*Small shifts.
Big impact.* 

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Helping individuals, families, organizations,
and communities create calmer minds,
stronger relationships, and healthier lives—
one simple shift at a time.

