

Sierra Skipper

Parent Resource Guide

Supporting Your Child Through Challenging Seasons.

Parenting through difficult moments can feel overwhelming. When a child is struggling with decisions, behavior, or outside influences, parents often feel unsure of the next step. This guide provides practical tools, encouragement, and resources to help parents support their child while maintaining accountability, structure, and hope.

Strengthening Communication With Your Child

Create a safe space for conversation without immediate judgment. Listen to understand before responding. Ask open-ended questions and avoid reacting in anger. Let your child know your concern comes from love and care.

Setting Clear Boundaries and Expectations

Young people benefit from structure and consistency. Set clear expectations, establish reasonable consequences, follow through consistently, and recognize positive behavior when it occurs.

Understanding Outside Influences

Teens are influenced by peers, social media, school environments, and community culture. Stay aware of who your child spends time with and encourage positive friendships and mentorship.

Supporting Youth Who Have Made Mistakes

Mistakes can become powerful learning opportunities. Focus on solutions rather than shame, encourage accountability, and help your child see how better decisions can shape their future.

When Additional Support Is Needed

Families sometimes benefit from outside support such as mentorship programs, school counselors, youth development organizations, or faith-based programs.

Encouraging Positive Identity

Children who understand their value are more likely to make healthy decisions. Encourage effort, celebrate improvement, and remind them their identity is greater than their mistakes.

Encouragement for Parents

A Message to Parents:

Your child's current situation does not define their future. With the right support, accountability, and encouragement, young people can grow, learn, and change direction. Continue showing up and guiding them.

— Sierra Skipper

Support Resources

Helpful Support Resources:

- 988 Lifeline – Call or text 988
- Love Is Respect – loveisrespect.org
- National Alliance on Mental Illness – nami.org