

DISCUSS COMMON INTERESTS

Be it music, art, technology, movies or sports - take time to appreciate your teen's favourite (positive) activities to help you bond with him or her.

Every parent knows the importance of being close to their child when they are young. However, it is also crucial to maintain a strong relationship with your teens as they progress into their young adult years. There are benefits to this: By being close, you should probably encounter lesser resistance when it comes to keeping an eye on their behaviour and social life.

WORK IT OUT

If your teen has argued with a friend and is having a bad day, talk about how he or she feels, what might make him or her feel better, and what he or she can do to re-engage with his or her friend. Work towards honest and open communication with your teen.

PARTICIPATE IN INTERESTING ACTIVITIES

You and your teen can bond through various activities together like training for a marathon, volunteering for a social cause, cooking a meal or attending a concert.

SMALL TALK DOES BIG WONDERS



BE PRESENT

As mentioned, it is the little things that count. Be present at your teen's important milestone events, such as graduations, competitions or award presentations, so that they know you care about what they do.

KEEP YOUR COOL

Keep a cool head, speak calmly and try not to be defensive when talking to your teen. Give praise and positive feedback when it is due.

Perhaps unsurprisingly, parents who argue, fight and physically punish their children or teenagers end up having frosty relationships with their children into their adulthood. This estranged relationship can lead young adults to seek a sense of belonging in all the wrong places, making them particularly open to accepting drugs as an alternative source.

How do you maintain a close relationship with your children and keep them safe from drugs? It is the little things that count, like sharing common interests and participating in activities together.

TIME TO LET GO

Keeping your teen sheltered will present problems of its own sooner or later. Give them the freedom to explore the world but within limits. Create room for them to discuss with you about what you expect of them. When there is a healthy two-way communication between you and your teen, it will be much easier to move on to bigger issues like drug abuse.