

Attachment & Connection


How can we support our teens in fostering healthy relationships:


<u>Parents/Caregivers</u>	<u>Peers</u>	<u>Community</u>
<ul style="list-style-type: none"> ▪ Create regular family routines and rituals ▪ Physical contact ▪ Validation and empathy ▪ Don't feel pressure to "fix" things – sit with feelings (<i>doing</i> versus <i>being</i>) ▪ Communication (listening) ▪ Repair ruptures – acknowledge your role when things don't go well 	<ul style="list-style-type: none"> ▪ Give kids the space to just "hangout" ▪ Explore opportunities for extracurricular involvement ▪ Support development of problem-solving and conflict resolution skills through modeling ▪ Encourage perspective-taking/empathy ▪ Be open to friend choices, reduce judgment 	<ul style="list-style-type: none"> ▪ Help kids explore and connect to causes they are passionate about ▪ Model and share ways to connect with and support others ▪ Help neighbors, stay connected to extended family, "pay it forward" ▪ Connect child with mentors and positive role models


Authoritative Parenting Style facilitates connection that is foundational for healthy child development:

<i>Parenting Styles</i>	Supportive Parent is accepting and child-centered	Unsupportive Parent is rejecting and parent-centered
Demanding Parent expects much of the child	*Authoritative* Relationship is characterized by mutual trust and respect, both perspectives are honored and communication flows both ways	Authoritarian Relationship is about control, differing perspectives are not allowed, communication generally flows one way
Undemanding Parent expects little of child	Permissive Relationship indulges the child, and parent exercises little limit setting	Uninvolved/Neglectful Relationship is non-existent, no communication or parenting

"The Three S's" are important for developing and maintaining connection:

 SEEN: Showing affection (emotional validation) even when you disagree with a behavior or choice

 SAFE: Showing respect, reducing arguing/yelling, engaging in collaborative problem-solving

 SOOTHED: Prioritizing opportunities for connection and just being available to teens

(Source: Carter (2020))