

5 Tips for empowering your teenagers



Our five simple tips will empower them to cope with the challenges ahead.



1. Routine

A schedule is important to provide structure, but you don't need to impose one onto them.

Let them draw up their own schedule – they are more likely to stick to it. (Plus, this saves you a job!)



2. Give them more responsibility

This is a chance to give them an opportunity to demonstrate their skills and contribute.

Ask them to choose some ways they can help the family get through this time.

Can they help cook some meals? Organise a games night during the week?

3. Let them teach YOU!

When it comes to home schooling, everyone is a learner!

Let them plan a lesson or finish the day with teaching you about what they've learnt.

4. Allow space for them to express their emotions

Everyone is likely to experience anxiety and mixed emotions during this time. Make space through reflective chats, quiet walks or private journalling.

5. Social Interaction

Mobile phones are going to be essential to keep in touch with friends and family. Ask them to decide their own 'online' time and reward them when they stick to it!



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