



Supporting
Adolescent Minds

WHEN YOUR CHILD IS *Overwhelmed*



Big feelings happen. Your calm response helps them feel safe and supported.



WHAT TO SAY

- ✓ "I'm here with you."
- ✓ "Take a deep breath together."
- ✓ "It's okay to feel this way."
- ✓ "What do you need right now?"
- ✓ "We'll get through this together."



Listen. Validate. Stay calm.
You don't have to fix it—just be there.



WHAT TO AVOID

- ✗ "Calm down."
- ✗ "You're overreacting."
- ✗ "There's nothing to be upset about."
- ✗ "Why can't you just get over it?"
- ✗ "Stop being so sensitive."



Avoid dismissing or minimizing
their feelings.



Small words can make a big difference.



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WHEN YOUR CHILD IS *Having a Hard Day*



Hard days are normal. Your support and understanding can make all the difference.



WHAT TO SAY

- ✓ "I'm sorry today has been so hard."
- ✓ "I'm here for you. Tell me if you want to talk."
- ✓ "That sounds really tough."
- ✓ "What can I do to help you right now?"
- ✓ "I'm proud of you for making it through today."
- ✓ "You don't have to have a good day every day. I love you, always."



Listen. Be present. Offer comfort.
Let them know you're on their side.



WHAT TO AVOID

- ✗ "It's not that bad."
- ✗ "You're being dramatic."
- ✗ "Just cheer up."
- ✗ "Other people have it worse."
- ✗ "Why are you so stressed about that?"
- ✗ "You'll be fine."



Avoid minimizing their feelings
or trying to fix everything.
They need connection, not correction.



Your love and support help them feel safe.

Tomorrow is a new day.





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WHEN YOUR CHILD *Makes a Mistake*



Mistakes are part of learning and growing.
Your response helps build confidence, resilience, and problem-solving skills.



WHAT TO SAY

- ✓ "It's okay to make mistakes. That's how we learn."
- ✓ "What can we learn from this?"
- ✓ "Everyone makes mistakes—even me."
- ✓ "I'm proud of you for trying."
- ✓ "What can we do differently next time?"
- ✓ "You're not your mistake. You're still amazing."



Focus on growth, not perfection.
Encourage effort, reflection,
and a plan for next time.



WHAT TO AVOID

- ✗ "I can't believe you did that."
- ✗ "You always mess up."
- ✗ "Why can't you ever get it right?"
- ✗ "That was so stupid."
- ✗ "You're so careless."
- ✗ "I'm so disappointed in you."



Avoid harsh words or blame.
They can shame, discourage,
and damage your child's confidence.



Kind words today build a stronger, more confident tomorrow.



You've got this. They've got this.



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WHEN YOUR CHILD IS *Anxious*



Anxiety can feel overwhelming for kids.
Your calm support helps them feel safe, understood, and more in control.



WHAT TO SAY

- ✓ "I'm here with you. You're not alone."
- ✓ "It's okay to feel anxious. I understand."
- ✓ "Take a deep breath with me."
- ✓ "What are you worried about right now?"
- ✓ "Let's focus on what we can control."
- ✓ "You are safe. You've got this."
- ✓ "I believe in you."



Validate their feelings.
Offer reassurance.
Help them take one small step at a time.



WHAT TO AVOID

- ✗ "There's nothing to worry about."
- ✗ "Stop worrying."
- ✗ "You're being dramatic."
- ✗ "You need to calm down."
- ✗ "Don't be nervous."
- ✗ "Why are you so scared?"
- ✗ "Just think positive."



Avoid dismissing or minimizing their feelings.
It can make anxiety stronger,
not smaller.



Small steps. Kind words. Steady support.



Big difference.



WHEN YOUR CHILD IS *Sad*



Sadness is a normal part of life. Your love and support help your child feel seen, comforted, and less alone.



WHAT TO SAY

- ✓ "I'm here with you."
- ✓ "It's okay to feel sad."
- ✓ "Do you want to talk or would you rather sit together quietly?"
- ✓ "I'm listening. Take your time."
- ✓ "Your feelings matter."
- ✓ "It's okay to cry."
- ✓ "We will get through this together."
- ✓ "You don't have to go through this alone."

Validate. Listen. Comfort.
Let them know their feelings are safe with you, no matter what.



WHAT TO AVOID

- ✗ "Just be happy."
- ✗ "It's not a big deal."
- ✗ "Stop crying."
- ✗ "You'll get over it."
- ✗ "Other people have it worse."
- ✗ "You have nothing to be sad about."
- ✗ "Why are you so upset?"
- ✗ "Cheer up."



Avoid minimizing or dismissing their feelings.
It can make them feel misunderstood and more alone.



Being present matters more than having the perfect words.

Your love and support help your child heal.



WHEN YOUR CHILD IS *Angry*



Anger is a normal emotion. How we respond can help our kids feel understood and learn healthy ways to manage it.



WHAT TO SAY

- ✓ "I can see you're really angry."
- ✓ "It's okay to feel angry. I'm here with you."
- ✓ "Take your time. I'll wait until you're ready to talk."
- ✓ "Do you want some space or a hug?"
- ✓ "What happened?"
- ✓ "I want to understand what's upsetting you."
- ✓ "Let's take some deep breaths together."
- ✓ "What can we do to make things better?"
- ✓ "I love you, even when you're angry."

Stay calm. Stay present.
Your calm helps their storm slow down.



WHAT TO AVOID

- ✗ "Calm down."
- ✗ "You're overreacting."
- ✗ "That's so dumb."
- ✗ "Stop yelling."
- ✗ "You're being ridiculous."
- ✗ "I don't want to hear it."
- ✗ "You always get so angry."
- ✗ "You need to control yourself."
- ✗ "I'll give you something to be angry about."



Avoid escalating or dismissing their feelings.
It can increase anger and hurt connection.



Help them feel it, so they can heal it.

Connection first, correction later.





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WHEN THEY FEEL *Left Out*



Feeling left out can hurt. It can affect self-esteem and mood.
Your empathy and support help your child feel valued and understood.



WHAT TO SAY

- ✓ "I'm so sorry you're feeling left out."
- ✓ "That sounds really hard."
- ✓ "Your feelings make sense."
- ✓ "I'm here for you, no matter what."
- ✓ "You matter, and you belong."
- ✓ "Want to talk about it?"
- ✓ "It's okay to feel this way."
- ✓ "Let's think of ways you can feel more included."
- ✓ "You are enough, just as you are."



Listen. Validate. Encourage.

Help them build connection and confidence
in healthy, positive ways.



WHAT TO AVOID

- ✗ "Just find someone else to hang out with."
- ✗ "Why can't you be more outgoing?"
- ✗ "It's probably all in your head."
- ✗ "They are probably just busy."
- ✗ "You're being too sensitive."
- ✗ "At least you have other friends."
- ✗ "Stop worrying about what they think."
- ✗ "Maybe they just don't like you."
- ✗ "It's not a big deal."



Avoid dismissing or minimizing their feelings.

It can increase hurt and
make them feel more alone.

Small moments of connection can make a big difference.



Remind them: They are seen. They are valued. They belong.



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AFTER A *Difficult Day at School*



Some days at school can feel really tough. Your love, patience,
and understanding help your child feel safe and supported.



WHAT TO SAY

- ✓ "I'm so glad you're home. I'm here for you."
- ✓ "Do you want to talk about your day?"
- ✓ "That sounds really tough. I'm sorry that happened."
- ✓ "I'm listening. You don't have to go through it alone."
- ✓ "How can I support you right now?"
- ✓ "It's not your fault."
- ✓ "You handled that the best you could."
- ✓ "I love you, no matter what kind of day you had."



Validate. Listen. Reassure.

Let them know their feelings are real
and they are still loved.



WHAT TO AVOID

- ✗ "What's wrong with you today?"
- ✗ "You're overreacting."
- ✗ "It's probably not a big deal."
- ✗ "You need to toughen up."
- ✗ "At least you're not in trouble."
- ✗ "Everyone has bad days."
- ✗ "Why can't you just let it go?"
- ✗ "Stop being so sensitive."



Avoid minimizing or dismissing their feelings.

It can make them feel unseen,
invalidated, and alone.

A calm connection today can help them feel stronger tomorrow.



You don't have to fix it. Just be there.





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BEFORE A Big Test



Encouragement and confidence can help your child stay calm and do their best.



WHAT TO SAY

- ✓ "I know you've worked hard and prepared."
- ✓ "It's normal to feel nervous. Take a deep breath."
- ✓ "You've got this—do your best and that's enough."
- ✓ "What's your plan? I'm here to help if you need me."
- ✓ "One step at a time. You've got this!"
- ✓ "Believe in yourself like I believe in you."
- ✓ "No matter the outcome, I'm proud of you."
- ✓ "Take care of your body and mind—you've got this!"



Focus on effort, not perfection.
A calm mind and a positive heart
can make a big difference.



WHAT TO AVOID

- ✗ "Don't stress out."
- ✗ "If you don't do well, you'll be so disappointed."
- ✗ "This test is going to be so hard."
- ✗ "Why are you still studying?"
- ✗ "You always get nervous."
- ✗ "Everyone else is smarter than you."
- ✗ "You need an A."
- ✗ "What if you fail?"



Avoid adding pressure or fear.
It can increase anxiety and
make it harder to focus.



You've prepared. You're capable.

Take a deep breath and trust yourself.



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STARTING A Tough Conversation



Tough conversations can feel uncomfortable, but they build trust and understanding.
Your openness helps your child feel safe to share.



WHAT TO SAY

- ✓ "Can we talk about something that's been on my mind?"
- ✓ "I care about you, and I want to understand."
- ✓ "This might be hard to talk about, and that's okay."
- ✓ "I'm here to listen, not to judge."
- ✓ "It's okay if you don't have the answers."
- ✓ "I may not get it right, but I will try."
- ✓ "Thank you for trusting me with this."
- ✓ "We'll figure this out together."



Create a safe space.
Choose a calm time and place.
Show your child you're on their side.



WHAT TO AVOID

- ✗ "Why did you do that?"
- ✗ "You need to talk to me."
- ✗ "Calm down."
- ✗ "That's not a big deal."
- ✗ "You're overreacting."
- ✗ "I don't have time for this right now."
- ✗ "If you loved me, you would..."
- ✗ "This is your fault."



Avoid pressure and judgment.
They can shut down communication
and make them feel unsafe.

Courage today. Connection always.

The conversation may be tough,
but the bond you build is worth it.