

5 SIMPLE WAYS TO STAY CONNECTED WITH YOUR CHILDREN

TEENS



CONNECT WITHOUT THE NET

Though technology plays a huge part in our everyday lives, it's valuable to incorporate tech-free time when connecting with children. Below are 5 evidence-based suggestions for spending quality time with teens without the distractions of technology.



1. USE “SIDE-BY-SIDE” ACTIVITIES!

Use side-by-side activities, like cooking together, to create openings where they can open up about their feelings.

2. USE “MICRO-CONNECTIONS”!

Sometimes small acts can have big rewards. Use light humor, offer a genuine compliment, or share something about your day to get the ball rolling.



3. INVITE THEM TO TEACH YOU!

This counters the idea of parents as strict authoritarians. It models vulnerability and allows them to show off their expertise, which is great for building their confidence.

4. CREATE CONNECTION RITUALS!

Building a routine of activities that allow connection—grabbing coffee, going on a walk, or a special interest you share—can create a sense of stability and emotional safety.



5. DON'T BE AFRAID TO BE SILLY!

Teens still enjoy childish fun. Nerf battles, goofy jokes, wacky dance parties, and more promote playfulness, improve emotional regulation, and encourage engagement.



For more information visit:
nj.gov/dcf/technoference.html