

Understanding the Teenage Brain

Resources

Resource:	Format:	Overview:
Active Listening with Pre-teens and Teenagers	Website	Learn essential active listening skills to enhance conversations and connection with your teen.
How to Talk so Teens Will Listen and Listen so Teens will Talk	Book	A helpful parenting guidebook with easy-to-implement suggestions and proven techniques to build the foundation for lasting relationships.
Hold on To Your Kids. Why Parent Need to Matter More Than Their Peers.	Book	A revolutionary book which addresses the worrying trend of children today increasingly looking to their peers for direction—their values, identity, and codes of behaviour and what parents can do about it.
Inside the Teenage Brain	Video (53min)	<i>Frontline</i> explores how new brain discoveries can change the way we parent, teach, or perhaps even understand, our teenagers.
Brain Development in Pre-teens and Teenagers	Website	Learn more about the teenage brain and gather tips for encouraging positive behaviour and strengthening positive brain connections.
The Three R's	Poster	A visual poster of Regulate, Relate and Reason.
Teens Talk about their Struggles and What Parents can do to Help Them Thrive	Video (4min)	Teenagers talk openly and honestly about life as a teen and what they truly need from parents.