

The Five **R**s Ways to Support Your Teen's Resilience

Relate

Build (and rebuild) connection by showing genuine interest in your teen's thoughts, actions, and interests. Let them know you understand what it's like to face challenges. We're all still learning and growing, and no one—parent or teen—has it all figured out.



"I know it's hard. I've felt that way too sometimes. You're not alone. We'll get through it together."

"It seems like you have something on your mind. I'm here when you want to talk about it."



Recognize

Notice changes in your teen's mood or behavior that may be signs that something is troubling them, especially during times of stress or trauma.

Reassure

Help your teen feel safe, supported, and understood. Let them know you're there, you're listening, and you care.



"Whatever it is, I'm here for you no matter what."

"Let's see if we can plan some family dinners around your activities this week. What works for your schedule?"

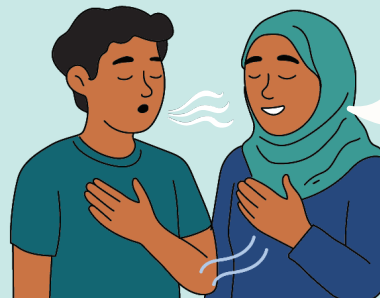


Return to Routine

Help your teen build healthy routines for activities on their own, with their friends, or with their family.

Regulate

Support your teen's emotional growth by modeling healthy coping and how to manage feelings. It's normal to feel angry, sad, or overwhelmed—what matters is guiding them calmly and supportively to help manage those feelings.



"I'm here if you need a quiet moment or a break. Just let me know what would help right now."

The Five **R**s

Ways to Support Your Teen's Resilience

Relate

- Build connection in everyday moments like car rides, meals, and chores.
- Express curiosity: "Tell me more about ____."
- Encourage your teen to try new things, even if it doesn't go as planned. Celebrate their effort, talk about what they learned, and guide them forward.

"I really admire the effort you put in. That took courage."



Recognize

- Notice subtle changes in mood, sleep, energy, or habits.
- Every behavior has a meaning.
- Say what you observe without judgment.
- Ask open-ended questions and listen without rushing to fix. Sometimes, just being there is all they need.

"Would you like to chat about what's on your mind?"



Reassure

"I am here to listen when you feel like talking."



- Be a steady, supportive presence teens can count on.
- Gently check in with teens.
- Reflect back what teens say to show you're listening.
- Praise teen's healthy skill(s) for coping with stress and talk with them about what coping skills work for them.
- Reassure teens they're not alone and that there are others who support them.

"I really like spending time with you."



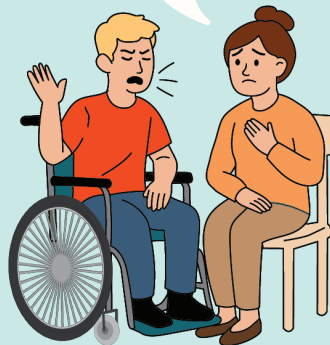
Return to Routine

- Maintain family routines such as shared meals, physical activity, screen-free times, game nights. Maintain bedtime schedules to ensure sufficient sleep.
- Involve teens when planning family activities and outings.

Regulate

- Caregivers need to regulate first. Caregivers who are calm help their teen to regulate.
- If you're not ready to approach your teen in a calm way, take a step away and come back later.
- Help your teen regulate:
 - Listen to what your teen needs and wants at that moment.
 - Acknowledge and affirm your teen's feelings.
 - Give space if needed.

"I'd like to understand what's on your mind. I'm here to listen and help when you're ready."



Scan the QR code or visit [HealthyChildren.org](https://www.healthychildren.org) to learn more.

