



JUST TALK



Herts Young Homeless

PARENTS/
CARERS

RECONNECTING WITH YOUR TEENAGER

CHOOSE a calm time and show that you're available. Show you are interested and ask questions about their likes.

EXPECT rejection and try again later. It may be easier said than done but don't be put off.

WHATEVER your teen is facing, this doesn't mean you have failed. Remind each other that with love and support things can get better.

STRUCTURE, healthy eating, outdoor activities and good sleep all contribute. Sometimes a walk can b

TAKE CARE of yourself. Parenting is HARD! Take some time for yourself and don't be afraid to seek support.

