Parenting Your Adopted Teenager

Parenting Resources · https://bridges4mentalhealth.org/hub/parenting-resources/parenting-your-adopted-teenager/

Summary: Many youth who were adopted struggle the most during their teen years, so parents need to be aware of how adoption impacts this developmental stage.

Application: Professionals can share this with parents to help them understand the needs and experiences of their teen and use practical strategies to foster healthy development. These strategies include approaches that acknowledge potential trauma and loss, support effective communication, promote independence, and address possible behavioral and mental health concerns.

Source: Child Welfare Information Gateway

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