

FOR PARENTS

Backing Your Teen

Helping a habit stick at home.

Your teen came home from a HopeFULL seminar with a plan and some momentum. That spark fades within a week unless someone at home gives it a nudge. Here is how to help, without nagging.

What helps

- > **Let them pick the habit.** One they choose beats one you assign.
- > **Make it one, not five.** Small enough to do on a bad day.
- > **Keep the tracker in sight.** The fridge works. Out of sight, out of mind.
- > **Praise the streak, not the result.** “Five days straight” beats “good job”.
- > **Be the calm check-in.** One question at dinner: did you get your one thing done?
- > **Model it.** Pick a habit of your own and track it next to theirs.

What gets in the way

- > **Nagging.** It turns their habit into your battle.
- > **Taking over.** If you run it, they never own it.
- > **Big bribes.** Cash for a streak teaches the wrong reward.

This week

Ask your teen what one habit they are working on. Stick the tracker somewhere you will both see it. Then step back and let them run it.

Remember

You believe in your kid more than they believe in themselves right now. Quiet, steady backing is how that belief becomes their own.

