

Ten Ways to Intervene With Serious Teenage Challenges

1. Continue to show love and respect and maintain a close relationship despite the challenging circumstances. The love must be unconditional and show that you believe that they will eventually succeed.
2. Communicate more but make sure to listen, listen, listen – intently and empathetically.
3. Be sure to communicate that your concerns are only for your child's well-being, success and happiness, not your own needs and feelings, like embarrassment from neighbors or Shidduchim.
4. Limit pressure, give space, refrain from criticism and validate your child as much as possible. Explain the need for rules and structure.
5. Offer more positive incentives for improvement rather than more discipline and punishment.
6. Orchestrate older peer mentoring.
7. Oftentimes appropriate professional help is imperative for both children and parents.
8. Validate their complaints, frustrations and anger whenever possible.
9. Orchestrate experiences of excitement in Torah learning and living which can help fill the feelings of emptiness. Also, guide them to a meaningful relationship with Hashem and a positive appreciation of *Tefillah* and *Bitachon*.
10. Strengthen the appreciation for the truths of *Torah MiSinai* and the benefits of happiness, meaning and fulfillment that the Torah gives us in this world not just the next world.

