



12

12 Texts to Send to Your Teen Right Now to Boost Their Confidence





Hi! My name is Sharon. Confidence Coach and author of:

12 TEXTS TO SEND YOUR TEEN RIGHT NOW TO BOOST THEIR CONFIDENCE

Teens walk out that door, and parents never stop thinking about them! We wonder, we worry, and we are constantly thinking of ways to connect with them. And then we are reminded they have a phone! It can be a wonderful tool to connect with your teen and help them boost their confidence. I have (more times than I want to admit) sent texts that have had the opposite effect. So, use these tried and tested **successful texts to connect** with your teen today. You may need to change a few words in these suggestions to find the tone and language that resonates with you.

WALK  FORWARD
coaching



SHARON WEST | WALKFORWARDCOACHING.COM

1



“I recognize that you have been working so hard at school and work lately. The house is all yours tonight if you want to invite some friends over to hang out and relax!”

PRO TIP

If friends are a sensitive topic (your teen is fighting with their friends or feel like they don't have any) skip this one.

2



“I have heard you talk about your upcoming test [or project], and I remember how overwhelming that can feel. What can I do to help you get ready?”

PRO TIP

If your teen feels like you nag them about school work often, skip this one. They may feel like you are doubting their ability to do well without you.

3



“FYI, I think you’re great and I really love you.”

PRO TIP

You can re-use this one as often as you want.

4



“Sometimes school feels so long and I miss you. Can I pick you up from school early to go get ice cream?”

PRO TIP

If they are not doing well in their last classes of the day, skip this one. Otherwise, most teens love to be signed out early without having to ask.

5



“I notice you have been working so hard at school lately. I see you, and I am so proud of you!”

PRO TIP

Recognizing academic effort goes a long way. If your teen doesn't have a good track record of good grades, find something to compliment them on - even if it is an assignment turned in late - recognize they turned it in.

6



“Your days have been so full lately! I did your chores for you today so you can have a break .”

PRO TIP

Really recognize what they have been working hard at, pay attention to the small things and listen to know what it is. Their “hard work” likely will be very different from yours.

7



“Hey, I am home all night if you want any help with your homework! I have YouTube university on my side and we can figure anything out together.”

PRO TIP

Teens may seem like they don't want you around, but just having you present even if you aren't engaged together is powerful. If you send this text, be available for them. Even if they ignore this text, or tell you they don't need help. You are building trust. When they do want or need you, they will feel there is space available with you.

8



“You have been so busy lately crushing [list the things], I washed your sheets for you today so you can take a nap to catch up in a fresh, clean bed if you'd like!”

PRO TIP

Teens need a lot of sleep, and they tend to not realize it. Make napping an acceptable thing. Lecturing on it typically doesn't work but creating a welcoming space if they want it is a healthy approach. If napping or clean sheets isn't their thing, find another way to physically serve them (clean their bathroom, do their laundry, etc)

9



"I saw this quote and thought of you, I hope you love it!"

PRO TIP

Most teens enjoy quotes, the words in the quote do matter, and knowing you are thinking about them matters even more! Just make sure the quote is 100% positive in the message (screenshots work well sent as an image)

10



Recap something from your day.... It may go something like this "I had a work meeting today and they catered in Cafe Rio. It was so good! What did you have for lunch?"

PRO TIP

Cultivate a culture of sharing the little things about your day. It offers great insights and opportunities to boost confidence. Be the first to share, and be mindful of the feelings that surface about what you are sharing. If it is negative or critical about someone or something - think of something else to share. They have enough of that already and don't need you to add to it.

11



“I went to the grocery store today and couldn’t resist getting your favorite snacks. When are you coming hooooommmmmeee?!”

PRO TIP

Teens love food. They love to be thought about, and bonus if you know and are willing to buy their favorite foods.

12



Send a baby picture! Include a memory that relates to the picture.

PRO TIP

This is listed last for a reason. If you don’t like any of the texts previously mentioned, the best was saved till last! Send one.



Thank you!

Are you feeling stuck as a parent in how to help your teen grow their confidence?

I can help! **Book a FREE discovery call today** and learn how I can walk your teen through the necessary steps to find their confidence.

Sharon West

sharon@walkforwardcoaching.com



@WALKFORWARDCOACHING

COPYRIGHT © 2026 WALK FORWARD COACHING



SHARON WEST | WALKFORWARDCOACHING.COM