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***25 Tips for Parents  
Who Want Confident  
Teens***





Hi! My name is Sharon, confidence coach for teens and author of:

***25 Tips for Parents Who Want Confident Teens***

After years of experience parenting and working with teens, I know these tips work. Enjoy 25 things you can do to help your teen radiate confidence!





## ***Do your own work***

Don't skip this one, it is first for a reason. Do you have hangups from your childhood that show up in your parenting? Do you feel insecure or lack confidence yourself? Work on yourself; examine your past and present and come to terms with your mind and your body so you can show up present and healthy for your children. Don't depend on your teens to meet your needs. Like the safety briefing on an airplane, put your own oxygen mask on first.





## ***Educate yourself on teen development***

Educate yourself on teen development: so many things that are happening with your teen are likely normal and natural. Read books and do research about the natural tendencies of teenagers. This way, as your teen matures you will be aware of their rapidly developing views and needs. With a little education and perspective, you can feel confident and happy that your teen is developing normally. You can be their champion and guide instead of projecting insecurities or anxieties onto normal teen growth.





## *Validate*

Validate, then validate some more: use these phrases often; “It makes sense that you would want to...” or “It is understandable that you feel...” Validation goes a long way with helping teens recognize that their feelings are valid and matter. This does not mean dish out advice they don’t ask for. Listen intently, and validate what they are sharing, because they feel deeply and want to be heard.





## ***Establish traditions together***

Establish traditions together: I am not talking about having ham with Christmas dinner type of traditions. I am talking about something special with just you and your teen. This is something that they are interested in, not something you push on them. For example, I have a tradition that every time my teen went to the doctor, we would go for tacos after.





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## *Confidence with Skills*

Skills, skills, skills: Teens feel confident when they have skills. They are often aware when their skills are less than their peers.

Teach them executive functioning skills, teach them to do laundry, clean, change a tire, check oil, schedule appointments, and calendar. Be kind when it's not done perfectly. They are learning and will be imperfect, just like you! Every skill and experience they can put into their toolbox is a tool they can pick up and use again one day, but even just having the memory there can help to build their confidence.





## *Physical Health*

Physical health: Regular physical activity can help teens improve cardiorespiratory fitness, build strong bones and muscles, control weight, reduce symptoms of anxiety and depression and reduce the risk of developing health conditions. If you move your body and develop an active culture in your home, your chances of your teen also engaging in physical activity increase drastically. Move your body, be active.





## ***Make plans with other families***

Make plans with other families: make this a strategic effort. Socialization is so good for building confidence. Teens need connections, especially when they may want to withdraw. Plan vacations, picnics, lake trips, etc. with families you know your teen will enjoy.





## *Give Space*

Give space: We know teens naturally pull away during these years as they are developing their independence. Avoid the temptation to step in and problem solve every moment. Let them figure out how to catch up on algebra or give them space to ask for help. Giving them space to recognize the need for support and ask for it can be a great development opportunity. Once they ask for support, use phrases like “have you thought about...” instead of “you should...”. Let them be in control and make choices and let them learn from their mistakes.





## *Ask Questions*

Ask questions: be careful on this one! I don't mean to ask questions like "what grade did you get on your test" or any other question with a yes/no or pass/fail sort of scenario. I am talking about questions that sincerely give them space to be authentic and share. For example "What are your thoughts about the message in that movie?" or "Where would you like to go for dinner tonight?" "What are your opinions about xxx running for office?" Listen and give permission for them to have different thoughts and opinions than you.





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## ***Stop the Gossip!***

Stop the gossip: the topic of gossip comes up often in my 1:1 coaching sessions with teens. They know what it is, they are sensitive to it and they are learning to navigate it. Don't gossip. Don't gossip about your teens or others. When teens hear you gossiping about others, they make an immediate assumption that when they aren't around, you also gossip about them. It doesn't feel good to them. Let your teens hear you talk about their good qualities and about others'. Give them the sense of confidence that when you aren't around you will be speaking positive things.





## ***Celebrate Wins & Losses***

Celebrate wins and losses: celebrate effort often, get good at recognizing and praising wins - even if it is small. As for the losses - celebrate what is learned and make it normal to not win at everything. So much growth happens when things don't go as planned. Find sincere ways to see the good and the effort.





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## *Take on Leadership Roles*

Take on leadership & volunteer roles: be willing to step up and be involved in the community, church, family, etc. Your teen is watching and you stepping up radiates confidence they can see and feel. Engaging in community service can boost self-worth and empathy. It feels good to help others, and there are often great options to include your teens. My favorite website to find local service opportunities is [www.justserve.org](http://www.justserve.org). Check it out and volunteer.





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## *Practice Self Care*

Practice self care: this doesn't only mean pampering with pedicures and massages. Self care includes doing things that help you relax and maintain balance in your life. Take opportunities to step back if needed, and say no if life becomes too stressful. You are in charge and responsible for your life: model that for your teen.





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## *Try New Things*

Try new things: explore new hobbies & creative outlets, get excited about new things. Laugh when your attempted hobbies aren't a match for you, and celebrate when you love something new. Trial and exploration and watching you experiment can provide an environment where perfection is not a requirement.

Creative outlets allow us space to express ourselves. We can make discoveries about ourselves and feel accomplished and improve our confidence. This may be something such as sewing, woodworking, or playing a musical instrument. Discover what brings out your creativity and do it!





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## Read Self-Help Books

Read self-help books: be proactive in educating yourself and let your teen see it. Learn something new, share with your teen what you have learned and how you are going to implement it in your daily life. Leave the books laying around, they just may be interested, too, and pick up the book to browse.





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## ***Food!***

Food: we have all heard “if you feed them they will come”. This is very true for teens. They are growing and they like to have food and have enough of it. Order pizza and put out some veggies on the side. Teens need extra nutrients to support bone growth, hormonal changes and organ and tissue development, including the brain. Watch the sugar content you provide for them. Abundance with food provides opportunities for teens to mingle in your home where you can connect with them.





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## *Sleep*

Sleep: we know we can't control teens and how much they sleep, so focus on what you can control. Avoid planning late events on school nights. Shut the TV off early so they won't be tempted to stay up late watching movies with you, get enough sleep yourself. They are watching from you and learning from your habits.





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## *Journal*

Journal: one of my favorite tools to teach teens is the “brain dump” where they write out everything that is clogging their brain. Parents can do this too, and while you are at it, include things you are grateful for. Gratitude journals are extremely effective for a healthy mindset.





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## ***Set Boundaries***

Set boundaries: set healthy boundaries for yourself. Remember that setting boundaries is permission you give yourself and not something you put on others. Trying to set boundaries for others will leave you frustrated and out of control. Stay in control, because you are. Communicate your boundaries clearly to your teen - for example one boundary may look like “I am not comfortable paying for dinner out if you are on your phone during dinner. If we go out to eat and you are on your phone, you are choosing to pay for your own dinner.” That was actually one of my boundaries with my teens when we went out to eat. It worked really well and my husband and I never felt taken for granted when the bill came.





## ***Be empathetic***

Be empathetic: There are lots of opportunities to be empathetic towards a teen. Get good at recognizing it and doing it. Be sincere in what you say and how you express it.





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## *Extracurricular activities*

Extracurricular activities: activities outside the home provide so many growth opportunities. They can also be very vulnerable for teens. Initiating supportive conversations, permission to fail and ideas of what's available is very helpful!





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## *Money*

Money: be a good steward of your resources. Financial literacy will provide opportunities for you to teach your teen to manage their own money. If they don't have a job yet, get creative in teaching this skill. Hand over your grocery budget for the week and send them to do the shopping, give your teen a budget for a family night out and see what they come up with. Compliment their efforts. Money management gives them a sense of control and independence, and learning that skill with the safety net of financially capable parents will build their confidence.





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## *Digital Balance*

Digital balance: put your phone down, put the remote down and provide space and attention for your teen to talk. If you are glued to your tech, your teen will get the message that you are too busy and not available for them.





## *Attitude of Gratitude*

Attitude of gratitude: be grateful and communicate your gratitude to others around you. Being a parent is a wonderful blessing. Share it and show it. Everyone knows parenting teens can be challenging, so share the beauties of it with others.





## ***Hire Support***

Hire support: seek professional help if you need it. Hire a coach or a therapist. Accessing help for yourself is resourceful and shows your teens that it's ok to not know it all. Teach and model the skill of knowing when and how to reach out for help.





# 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.

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