**THE ROLE OF PARENTS IN TEENAGERS’ LIFE**  
  
Teenagers need love and support from parents at a time when lots of other things in their lives are changing. You can keep your relationship with your teenage child strong through ordinary, everyday activities.  
Many people think that families become less important to children as they move into the teenage years. But your child needs your family and the support it offers as much as she did when she was younger.  
It’s true that family relationships change during adolescence. When your child was young, your role was to nurture and guide him. Now you might be finding that your relationship with your child is becoming more equal.   
Most young people and their families have some ups and downs during these years, but things usually improve by late adolescence as children become more mature. And family relationships tend to stay strong right through.  
For teenagers, parents and families are a source of care and emotional support. Families give teenagers practical, financial and material help. And most teenagers still want to spend time with their families, sharing ideas and having fun.  
It’s normal for teenagers to be moody or seem uncommunicative, but they still need you. Your child still loves you and wants you to be involved in her life, even though at times her attitude, behaviour or body language might seem to say she doesn’t.  
Family is the most important thing to me. They’re my own support system. Everybody thinks friends are more important, but they’re not. Friends are great, but they’ll come and go. Family is always there.  
Adolescence can be a difficult time – your child is going through rapid physical changes as well as emotional ups and downs. Young people aren’t always sure where they fit, and they’re still trying to work it out. Adolescence can also be a time when peer influences and relationships can cause you and your child some stress.  
Supportive and close family relationships protect your child from risky behaviour like alcohol and other drug use, and problems like depression. Your support and interest in what your child is doing at school can boost his desire to do well academically too.  
Strong family relationships can go a long way towards helping your child grow into a well-adjusted, considerate and caring adult.