

The logo features the number '40' in a green, stylized font. The '4' is composed of puzzle pieces, and the '0' is a circle with puzzle pieces inside. To the right of the '40' is the text 'Developmental Assets' in a large, bold, blue sans-serif font. Below this, the phrase 'Do you hold the missing piece?' is written in a smaller, orange sans-serif font.

Developmental Assets

Do you hold the missing piece?

Getting Along: Parents and Adolescents

Most of us have moments or even days when we wish we could resign from parenting or at least take an extra-long break. The job's just too relentless, too thankless, too hard. We ask ourselves: What happened to the sweet child who used to love spending time with me? Who is this moody person who sometimes seems to resent my very existence but still wants a ride to friends? Why is it so hard to get along?

We can do much to make things more peaceful where we live. We can't control our children's behaviour, but we can control our own. We can learn peaceful ways to resolve conflicts. And we can create a supportive and positive environment in which everyone will be more inclined to get along.

The [40 Developmental Assets](#)[®] are positive qualities, experiences, and skills that children need to grow up healthy and responsible. Anyone can use these assets as a framework to help them think through the new experiences they're encountering with their children. When dealing with the issue of living together in harmony, the assets you may want to consider looking at for guidance are Peaceful Conflict Resolution, Family Support, Positive Family communication, Family boundaries, Other Adult Relationships, High Expectations and Self-Esteem.

Here are some action tips to help along the way:

- Learn about techniques for resolving conflict peacefully, and teach them to your family. Ask your schools guidance counsellor or a professional counsellor to recommend reading materials ([I'd Listen to my Parents if...](#), [Parenting a Teen Girl](#), [Your Defiant Teen](#)) or see if workshops or seminars are available ([Parent Coach](#), [Parenting Teens](#)).
- Show affection and verbally support your children as much as possible.
- Spend time together as a family.
- Make positive communication a priority. Seek out opportunities to talk with your children. Listen to what they have to say.
- Set some ground rules for expressing emotions. For example, you might agree that it's okay to say you're angry, but not to call each other names. Be sure everyone abides by these rules.
- Be clear about what you expect from your children with regard to school, friends, chores and obligations and how they behave at home. Expect their best from them, but give them room to make mistakes.
- Celebrate their unique gifts and their successes. Let them know what you appreciate about them.