

10 + 1 Ways to Bond with Your Teenage Kids

Learn and cook

Sign up for a cooking class together with your teen and spend a fun time in the kitchen preparing the family meal!

Adventure Hike

Head off for a hike at the nature reserve with your teen.

Learn A Language

Put on a learning hat and pair up with your teen to learn a new language of French, German or Japanese. Practice and have fun together.

Sweat it out at the Gym

Get fit together as a family and sweat it out in the gym.

Race in the Arcade

Challenge one another to a Formula 1 race or for just a simple but fun round of 'hit the beaver'.

Go Fishing

Head to the beach or a fishing pond, throw in the line, sit back and enjoy each other's company and sharing.

Rollerblading or bowling

Have a roll of fun with your teen at the park or book the lane and have some balls challenges in the alley.

Movie marathon

Rent some blockbusters, bring out the chips and coke, dim the lights, huddle together on the sofa, and enjoy a movie marathon in the comfort of home.

Chat on line

Register a nickname and do ICQ or blogging with your teens.

Scrapbooking

Put together a montage and journaling of your family favorite snapshots together with your teen. A good way to re-live those highlights of your family life together.

Talk it Out

Often the best way to bond is by talking. Turn off the television, computer, the MP3 or put down your book and newspaper for a while and have a nice buddy chat. Listen to the underlying message and feeling of your teen.

A parent has to see and understand the message through their teen's eyes.

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