



Parent & teen relationships





What makes them rocky?

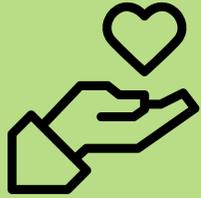
- 1 Work stress seeps into home
- 2 Generation gaps
- 3 Unable to spend time with the teens
- 4 Unsure how to engage with them
- 5 Too exhausted to tend to home needs
- 6 Financial worries

Tips to smoothen things out

- 1 Prioritize time to catch up with them
- 2 Plan things in advance (meal prep, grocery shopping)
- 3 Share the home workload with them
- 4 Be there for special moments and milestones
- 5 Start unique family traditions (e.g. movie/game nights)
- 6 Respect and trust them. Let them own their mistakes



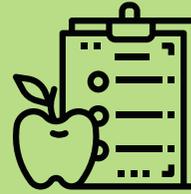
Juggling parenting and work is easier with wellbeing. Here's what we offer.



Counsellors



Doctors



Nutritionists



Diagnostics



Pharmacy



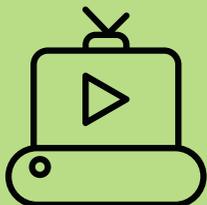
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