

Aspect	Moms	Teens
Self-confidence	Feeling confident in parenting skills and personal identity.	Building self-assurance in their abilities and decisions.
Communication	Openly expressing thoughts and feelings with their teen.	Openly expressing thoughts and feelings with their teen.
Decision-making	Making informed decisions that benefit both personal and family well-being.	Participating in family decisions, enhancing their sense of responsibility.
Resilience	Bouncing back from parenting challenges and setbacks.	Developing the ability to overcome personal and academic challenges.
Independence	Encouraging autonomy while providing support and guidance.	Gaining confidence in making choices and navigating life independently.
Mutual Respect	Valuing and considering each other's viewpoints.	Feeling respected and learning to respect others' boundaries and opinions.
Understanding	Deepening understanding of their teen's experiences and perspectives.	Feeling understood by parents, strengthening trust and connection.
Problem-solving	Effectively addressing conflicts and challenges together.	Learning to solve problems independently and in collaboration with others.