

Support the Transition to High School

TanenbaumCHAT Grade 9 Parents Night | Practical ways to build confidence, independence and emotional regulation

THE GOAL

Help teenagers experience hard feelings without teaching them that discomfort is dangerous - or that a parent must make it disappear.

1 Distress is not danger

Ask: Is this unsafe, or is it uncomfortable?
Respond proportionately.

2 Interrupt accommodation

Validate the feeling. Communicate
Support the approach, not the avoidance.

3 MAC + CHEESE: say less

Use fewer words and a calm, low tone.
"I know this is hard. And I believe you can."

4 Move to co-pilot

The co-pilot is a Dr. Becky Kennedy analogy.
Guide without taking over; build capability.

5 Coach the approach

Keep the expectation. Shrink the first step.
Reduce the size of the step, not the expectation.

6 Be loving and firm

Lead with warmth and clarity. Hold the limit.
Repair mistakes without removing the boundary.

Technology Boundaries for Grade 9

DIRECT THE ENVIRONMENT	PROTECT THE BASICS	PAIR LIMITS WITH FREEDOM	PREDICT PUSHBACK
Choose 1-3 boundaries you can hold consistently.	Keep devices out of bedrooms overnight and create no-phone zones.	Build real-world independence, connection, movement and responsibility.	A louder reaction does not mean the limit is harmful. Stay warm and brief.

REMEMBER THE WHY

Confidence grows when teenagers experience discomfort, change their response, recover and discover: "I can cope."

Parent Resources

Books, podcasts and further support for anxiety, independence and technology in adolescence | Each resource is clickable

1

Lynn Lyons and the Flusterclux podcast

Practical guidance for recognizing predictable anxiety patterns, reducing reassurance and helping families respond differently.

[Open resource](#)

2

Breaking Free of Child Anxiety and OCD

Eli R. Lebowitz explains the parent-based SPACE approach for reducing accommodation while communicating acceptance and confidence.

[Open resource](#)

3

The Emotional Lives of Teenagers

Lisa Damour offers a developmentally grounded guide to adolescent emotions, healthy stress, regulation and when parents should worry.

[Open resource](#)

4

The Anxious Generation

Jonathan Haidt examines the shift toward a phone-based childhood and the need for more real-world independence, play and connection.

[Open resource](#)

5

10 Rules for Raising Kids in a High-Tech World

Jean M. Twenge offers concrete family boundaries for phones, social media, bedrooms, school days and real-world freedom.

[Open resource](#)

6

Emma Fogel Therapy Services

Counselling for children, adolescents and adults, along with parent coaching, school consultation and speaking engagements.

[Open resource](#)

7

Brick: physical app limits

A physical device that helps parents set limits on selected apps. Choose apps in the companion app, then tap the phone to Brick to start and end a session.

[Open resource](#)

A FINAL REMINDER

Your teenager does not need proof that you can remove every hard feeling. They need repeated evidence that you believe they can move through it - and that your relationship can hold the messiness of learning.

Learn more at emmafogeltherapy.com or email emma@emmafogeltherapy.com to book a free consultation. All EFTS clinicians are Registered Social Workers; services may be covered by extended health benefits.