By passing from adolescence into middle age, children’s training and planning a better life for them in the future become quite conspicuous. Parents have the opportunity to play their significant role, before the end of children’s adolescence, in equipping the next generation with physical-mental-social and spiritual health. Certain numbers of predicted and unpredicted elements may obstruct parents’ success for an efficient breeding of their children. Lack of knowledge on how to prepare children to cope with tensions in life and how to adapt oneself with daily challenges and problems are among these issues. To establish a balance between the dependence of parents and children on one hand, and providing children with independence, on the other hand, is difficult. Establishing such a balance requires a wide psychological knowledge and mastery over breeding techniques. So it should be reminded that equipping parents with knowledge coming from specialists in the fields of psychology and counseling is a key point and the efforts of researchers can facilitate such a process.

Key words: adolescence, parenting, dependence, independence